

# Connecticut Guardian



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HARTFORD, CONNECTICUT

OCTOBER 2016

## Welcome Home, 1109th TASMG

MAJ. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

After nearly 11 months away from families and friends, 65 members of the 1109th Theater Aviation Sustainment Maintenance Group returned to Connecticut.

Loved ones gathered and greeted their Soldiers as they returned at the Windsor Locks Readiness Center in Windsor Locks, Conn., Aug. 26.

“It wasn’t real until we actually got here. Really, right now is when it’s hitting, getting to see my family,” Staff Sgt. Brian McGugan told local TV crews covering the event. “A lot of them showed up, which was great. It’s overwhelming.”

Returning Guardsmen were greeted with a thank you and a handshake from Connecticut’s Lieutenant Governor, Nancy Wyman, and Connecticut National Guard leadership.

Much like the unit’s mission in 2012, the 1109th TASMG’s deployment this time around was focused on rotary-wing aircraft maintenance in Afghanistan and Kuwait.

Led by Col. Vincent Vannoorbeeck and Command Sgt. Maj. Frederick Finnigan, the 1109th were the last Connecticut Army National Guard unit serving overseas. This is just the second time since 2003 – the year the United States launched Operation Iraqi Freedom - that all Connecticut National Guard units find themselves on United States soil.

“We take great pride in the excellent work Col. Vannoorbeeck and his Soldiers did throughout this deployment,” Maj. Gen. Thad Martin in a press release



*Sgt. Sabrina DiBenedetto of the 1109th TASMG embraces her boyfriend after arriving at the Windsor Locks Readiness Center, Aug. 26. DiBenedetto was one of 65 Soldiers deployed with the unit for nearly a year. (Photo by Airman 1st Class Sadie Hewes, Connecticut National Guard)*

announcing the unit’s return. “The fact that their return means we have every unit home, even if for just a short period of time, is a great feeling.”

The next deployment of Connecticut National Guard

troops is scheduled for the Fall of 2016, when the Connecticut Air National Guard is expected to send off nearly 400 Airmen to the Middle East.

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# Political Activity Guidance

DEPARTMENT OF DEFENSE  
STANDARDS OF CONDUCT OFFICE

During the election cycle all DoD personnel – military and civilian – should be aware of the various limitations that exist when it comes to participation in political activity. A quick summary of the rules and links to substantive guidance are included in the information below.

### Civilian Employees

For DoD civilians, participation in political activity is regulated by a number of sources: the Hatch Act (5 USC 7321 – 7326), implementing regulations (5 CFR 733 and 5 CFR 734), as well as DoD policy. For purposes of the Hatch Act, political activity is defined as “an activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.” Because the application of the rules varies depending on an employee’s position or office, it is extremely important that employees who are engaging in political activity know which rules apply.

With regard to civilian employees, there are two sets of restrictions for three groups of employees. The first and more restrictive set of restrictions applies to: (1) individuals appointed by the President and confirmed by the Senate and individuals serving in non-career SES positions; and (2) career members of the SES, contract appeals board members, and all employees of the National Security Agency (NSA), the Defense Intelligence Agency (DIA), and the National Geo-Spatial-Intelligence Agency (NGA). The second and more lenient set of restrictions applies to all other employees (including Schedule C political appointments).

Employees in Groups 1 and 2 are prohibited from taking an active part in partisan political management or political campaigns and are referred to as “further restricted” employees.

### Restricted

Further restricted employees are expressly prohibited from participating in political activity. Specifically, further restricted employees are prohibited from engaging in

any political activity which is “in concert” with a political party, partisan political group, or candidate for partisan political office. “In concert” activity is any activity that is sponsored or supported by a political party, partisan political group, or candidate for partisan political office. Prohibited activities also include soliciting or receiving political contributions. Further restricted employees may, however, express their personal opinions, make monetary contributions to a campaign, and attend, but not actively participate in, campaign events or fundraising functions sponsored by candidates for partisan political office or political parties. Partisan Political Activity Rules for “Further Restricted” DoD Civilians.

Less restricted employees (employees in Group 3), while in their personal capacities, may volunteer with a political campaign or political organization. Examples of permitted volunteer activities include: organizing



political rallies and meetings, making phone calls on behalf of a candidate, serving as a delegate to a party convention, and working for a political party to get out the vote on Election Day. These employees are, however, prohibited from soliciting or receiving political contributions. Partisan Political Activity Rules for “Less Restricted” DoD Civilians.

Regardless of whether a civilian employee is further restricted or less restricted, she may never engage in political activity while on-duty or in a Federal building. Specifically, an employee may not send or forward political emails, post political messages to a Facebook

See **POLITICAL ACTIVITY** on page 12

## Changing Your Address

If you move and want to continue receiving the *Connecticut Guardian*, you must change your address in one of the following ways:

**Retirees:** If you are a Retired Connecticut Army or Air Guardsman, please contact Sgt. 1st Class Ericka Thurman at [ericka.g.thurman.mil@mail.mil](mailto:ericka.g.thurman.mil@mail.mil) or 860-524-4813.

**Horse and Foot Guard members** must change your addresses with your respective units.

**Current Connecticut Army and Air National Guard Members:** You must change your address with your unit.

**All others** may contact the editor at [allison.l.joanis.civ@mail.mil](mailto:allison.l.joanis.civ@mail.mil) or 860-524-4858.

## Connecticut Guardian

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(Front Page American Flag photo by Buddy Altobello)

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The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office.  
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# CTNG Serving Abroad: Did You Know?

MAJ. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

When you think of careers in the Connecticut National Guard, you may think of the full-time opportunities at Camp Niantic, Camp Hartell, or the Hartford Armory.

But did you know one full-time member of the Connecticut National Guard does not work within our state’s borders?

He’s not even working in the continental United States.

That would be Maj. Gabriel Caminero of the Connecticut Army National Guard Medical Detachment, who is currently serving as the state’s Bilateral Affairs Officer in Uruguay. The BAO serves as the conduit between the State Partnership Program state and the partner nation assigned.

Connecticut and Uruguay have partnered since 2000 focusing primarily on military-to-military exchanges, according to Capt. Nick Raphael, Connecticut SPP Program Coordinator. Connecticut’s relationship with Uruguay is one of more than 75 partnerships across the 54 states and territories, with three more partnerships set to be announced in fiscal year 2017 according to National Guard Bureau.

The SPP, celebrating 22 years as a program, is a unique component of the Department of Defense, linking a state’s National Guard with the armed forces of a partner country to participate in high-impact security cooperation engagements that foster long-term enduring relationships.

The Bilateral Affairs Officer, commonly referred to as the BAO, is the Adjutant General’s representative to the country team in the U.S. Embassy within the partner nation. He or she serves as a liaison between the Combatant

Command, the state and the embassy.

Although a BAO works long hours, the job does not chain you to a desk.

“The amount of work and attention to detail required of a BAO is very high,” said Raphael. “You’re serving as (the Adjutant General’s) representative in the partner country, and that means a lot is expected of you.”

Travel both within the country and area of responsibility keeps things fast-paced. The BAO often is responsible for escorting partner nation military members to the United States for a number of different reasons, to include exchanges with Connecticut National Guard units.



Maj. Gabriel Caminero (left, center) translates for Col. Gerald Lukowski (left) and Brig. Gen. Ron Welch during a Key Leader Engagement in Montevideo, Uruguay in May 2016. Caminero currently serves as the Connecticut National Guard’s Bilateral Affairs Officer, linking the CTNG and Uruguayan Armed Forces through the State Partnership Program (U.S. Army photo by Maj. Mike Petersen, State Public Affairs Officer)

Caminero’s impact has been praised by leadership both in Connecticut and Uruguay, but as the end of his 30-month tour is rapidly approaching, Raphael and the CTNG leadership will begin the search for a new BAO.

The BAO is a 24-month accompanied Active Duty Permanent Change of Station, or PCS, tour, but a waiver can extend the opportunity an extra six months, according to Raphael.

The candidate must be an U.S. Army O-3 (Captain) or O-4 (Major) with applicable military education fulfilled (i.e. a Captain must have the Captain’s Career Course completed). Those who have already served as company commander are preferred, but it has not been a disqualifying factor in the past, according

to Raphael.

Candidates are also required to score 2+/2+ on the Defense Language Proficiency Test (Spanish), which can be scheduled through the Connecticut National Guard’s Education Services Office in Hartford by receiving endorsement from the chain of command.

So what does it take to be a successful BAO? Raphael, who has travelled back and forth between Connecticut and Uruguay as part of his responsibilities, says good oral and written communication in both languages is an absolute must.

“You have to be organized,” said Raphael. “On a daily basis, you’ll be expected to interface with various staffs at the Combatant Command level, the State Partnership Office in Connecticut, and interagency partners within the United States embassy. A BAO must know how to carry themselves in representing the Adjutant General and the Connecticut National Guard.

And as for the opportunity to serve the state and nation while working in a foreign country, Raphael said there is nothing like it.

“This is a once-in-a-lifetime opportunity for someone who meets the qualifications,” he said. “Having had the chance to work in Uruguay and continue as Coordinator for the SPP program (here in Hartford) has been a truly rewarding experience that I would recommend to anyone. But it isn’t easy, you have to be dedicated.”

Are you a current member of the CTARNG interested in becoming the Bilateral Affairs Officer? Contact your chain of command, or the State Partnership Program Office at 860-524-4927 for more information.



Maj. Gabriel Caminero (rear, center) assists with translation during while dog handlers from the Uruguayan Armed Forces visited the Connecticut Military Working Dog facility in Newtown, Conn., in April of 2015. Caminero currently serves as the Connecticut National Guard’s Bilateral Affairs Officer, linking the CTNG and Uruguayan Armed Forces through the State Partnership Program (U.S. Army photo by Allison L. Joanis, State Public Affairs Office)

# 1048th Hits the Road for Annual Training



LEFT: Connecticut Army National Guard Soldiers of the 1048th Transportation Company arrive at Camp Atterbury, Indiana during their participation in Operation Patriot Bandoleer August 10-24, during the unit's 2016 annual training. RIGHT: 1st Sgt. William Gallucci (left) and Capt. Timothy Henderson take a break during their unit's 2016 annual training mission. (Photos by 1st Lt. Shaneka Ashman, Operation Officer, 1048th Trans Co.)

1ST LT. SHANEKA ASHMAN  
OPERATION OFFICER, 1048TH TRANS CO.

For the second consecutive year, the 1048th Transportation Company represented the Connecticut National Guard by participating in Operation Patriot Bandoleer, August 10-24.

Over 15 days, the unit hauled Army munitions and equipment from the Military Ocean Terminal Sunny Point in North Carolina to McAlester Army Ammunition Plant in Oklahoma.

Patriot Bandoleer has been the largest logistics event of its kind involving Guard, Reserve and Active Duty in support of Army Material Command, and the 1048th did its part, hauling nearly 50,000 lbs. of munition per truck. The Enfield-based unit moved a total of 2.25 million pounds of munitions and equipment over 15 days.

Alongside the 1048th were seven transportation units from different states conducting the same mission as well.

Patriot Bandoleer is an Annual Training period that blends a real-world mission with training that enhances a unit's readiness. Soldiers were afforded plenty of time to hone skills behind the wheel of the tractor trailers the 1048th is known for, while providing valuable tactical convoy training for platoon and squad leadership.

"I love it," said Pfc. Nicaury Garcia. "I'm glad I was able to drive and be a part of the mission just coming from [Advanced Individual Training]."

## SAVE THE DATE

### 35th Annual Senior NCO/CPO Formal Dining-in

**Thursday, October 6, 2016  
6:00 p.m.**

**Aqua Turf Club  
Southington, CT**

**Tickets: \$60.00 per person**

#### Who is Eligible?

Non-Commissioned Officers and Chief Petty Officers, E-7 and above. All eligible ARNG and ANG NCOs are expected to attend. CPOs are invited to attend. Retirees are most welcome.

#### Required Uniform:

Army Service Uniform with black bow tie, Army Blue Uniform with white shirt and black bowtie, or Army Blue Mess. Air Force Mess Dress or Semi Formal Uniform. Appropriate attire for other services. Retirees may wear the uniform or a business suit as meets their desires.

**NOTE: Seating will be arranged with unit integrity or upon a specific request for tables of ten.** Appropriate fines will be imposed for violations of the Mess. Cost of fines will range from \$1.00 to whatever is deemed appropriate by the President or Mister Vice.

**Military Protocol requires prompt response.**

**To make your reservation and to receive the official NCO/CPO dining-in flyer, please contact State Command Sgt. Maj. John Carragher at (860) 524-4826 or [john.s.carragher.mil@mail.mil](mailto:john.s.carragher.mil@mail.mil).**

# Connecticut Flying Yankees Head to Germany

SENIOR AIRMAN LEON BROWN  
103RD FORCE SUPPORT SQUADRON

Connecticut Air National Guard Airmen from the 103rd's Force Support Squadron, Communications Flight, and Logistics Readiness Squadron traveled to Ramstein Air Force Base in Ramstein-Miesenbach, Germany, to train with their active duty counterparts July 9-25, 2016.

Airmen took advantage of the deployment for training, or DFT, to hone training skills routinely utilized for mission readiness. Training received was a critical enhancement in support of future deployments.

The force support squadron had Airmen training in the four sections of services, including food, lodging, fitness, and mortuary affairs and into the Personnel section.

"It has been a great learning experience observing how the active duty services team operates in comparison to the Guard unit in food and fitness," said Senior Airman Mariah Beckford. "I gained a lot more knowledge in how to operate and function the storage room, as well as comprehensive training of the fitness component; the highlight of my experience [was] being able to motivate fellow Airmen to excel in passing their physical fitness test."

Senior Airman Christina Muniz, Base Honor Guard member, had the opportunity to utilize her skills and knowledge in the mortuary affairs section.

"I learned and experienced hands-on procedures on how to handle in-transit human remains with decency and honor while maintaining privacy for the remains and mourners," Muniz said. "Overall, this DFT made me feel highly confident in my abilities and I now have the skill set to utilize in mortuary affairs. I look forward to sharing this experience with my fellow colleagues."

On the personnel side of FSS, Master Sgt. Lisa Todaro knew how vital this DFT was for her younger Airmen.

"This DFT was very important because it gave my Airmen some exposure to pro-grams and processes that are not applicable in the Guard," said Todaro. "Personnelists on active duty are assigned to only one office working maybe one or two programs at most. In the Guard, however, units are responsible for handling twice the amount of personnel programs while also having to be proficient in these programs. It was a confidence boost for my Airmen knowing how much knowledge and experience they possess compared to their active-duty counterparts."

During the DFT, the 103rd Communications Flight was assigned to the largest communications squadron in the Air Force, the 86th Airlift Wing Communications Squadron at Ramstein AFB, Germany. In all, 19 members from various AF-SCs, including client systems, radio frequency (RF) transmission systems, cyber transport, cyber surety, and knowledge operations management participated in the DFT.



Members of the Connecticut Air National Guard 103rd Force Support Squadron, Communications Flight and Logistics Readiness Squadron traveled to Ramstein Air Force Base in Ramstein-Miesenbach, Germany for training with their active-duty counterparts July 9-25, 2016. (Photo courtesy of Capt. Alan Bolduc, CTANG)

**102nd INFANTRY REGIMENT ASSOCIATION  
23rd ANNUAL REGIMENTAL MUSTER  
THURSDAY, OCTOBER 20, 2016**

**The Officers' Club at the Hartford Armory,  
360 Broad Street, Hartford, CT  
6:00 p.m. - Sign in, Social Hour  
7:00 p.m. - Dinner Served**

**Please send your check for \$30 (Includes \$5.00 annual dues)  
by October 10, 2016  
Payable to the 102nd Infantry Regiment Association to:**

**DAVID JURENKA  
142 WESTVILLE AVE EXT  
DANBURY, CT 06811-4417**

**With your check, please include your name, address and email.**

#### ELECTION YEAR!

This is an election year for the Association. There will be a floor election during the Muster to solidify the new Association staff. Your participation is highly encouraged.

**Contact Frank Tantillo [frank.a.tantillo@mail.mil](mailto:frank.a.tantillo@mail.mil) or  
William Warner [william.s.warner1@mail.mil](mailto:william.s.warner1@mail.mil) for more information.**

# "Yes, Drill Sergeant!"

## Rodriguez dons Brown Round in CTARNG RSP

STAFF SGT. BENJAMIN SIMON,  
JFHQ PUBLIC AFFAIRS

The Connecticut Army National Guard's Recruit Sustainment Program has a brand new drill sergeant.

Sgt. 1st Class David Rodriguez graduated from the U.S. Army Drill Sergeant Course at Fort Jackson, South Carolina, August 10, and is now the senior drill sergeant in the RSP.

The RSP prepares the CTARNG's newest Soldiers for basic training and readies them to enter their assigned units.

Rodriguez said one of the more challenging things the nine-week drill sergeant course taught was learning how to reduce common military tasks to their smallest components. Breaking it down in such a fashion is key in order to properly teach young Soldiers.

"Things in our units that we've done for years and take for granted... learning how to simplify them took time. You realize how much you complicate simple tasks when you relearn them from the beginning," he said.



CTARNG RSP Soldiers practice drill and ceremony (and a few cadences) at Camp Niantic, Sept. 11. Sgt. 1st Class David Rodriguez said Connecticut's RSP is currently ranked third in the nation for its number of Soldiers that have successfully completed basic training. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs.)



The newest CTARNG RSP drill sergeant, Sgt. 1st Class David Rodriguez, instructs RSP Soldiers on how to properly perform the new Occupational Physical Assessment Test (OPAT), Sept. 11 at Camp Niantic. The U.S. Army now requires all new Soldiers to take the OPAT prior to attending Basic Training. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs.)

His brand new drill sergeant hat fits him well. A natural leader, Rodriguez enlisted in the 1-102 Infantry Battalion as an indirect fire infantryman (mortarman) in 1997. He served with the battalion through their 2006 and 2010 deployments in support of Operation Enduring Freedom. He has also been employed as a police officer since 2008, and currently serves with the Canton (Conn.) Police Department.

Rodriguez said he became a drill sergeant to help train young Soldiers. He said during his four years with the RSP, so many young Soldiers have passed through the program that he often sees them during his police patrols in the Canton area.

"I'll hear, 'Hey Sergeant Rodriguez!' Sometimes Soldiers will stop to tell me how they're doing in their military careers. I'm glad they remember me," he said. "The Soldiers joining are here because they want to be here," he said. "And we're doing our best to make sure they're fit to go down range."

Rodriguez said the CTARNG RSP program introduces new Soldiers to subjects they will encounter in Basic Training, and that the drill sergeant's role is crucial to learning how to properly conduct themselves in today's Army.

"The drill sergeant is the person people associate with the Army before they even join the military, from watching television and movies," he said. "That's a lot of responsibility. When new Soldiers get here they're looking for guidance, for role-models."

Rodriguez said he's gained a greater understanding of this responsibility since becoming a drill sergeant.

Soldiers still in the RSP phase of their career are looking for guidance in more ways than one. All new Soldiers must now undergo the Army's new Occupational Physical Assessment Test, or OPAT, prior to being shipped to basic training and being trained in their occupational

See RODRIGUEZ on page 7

RODRIGUEZ from page 6



specialties. The four-event fitness test includes the standing long jump, seated power throw, strength dead lift, and aerobic interval run. The aerobic interval run, commonly referred to as 'the beep test,' requires Soldiers to pay especially close attention to instructions to prevent disqualification.

Without removing his brown round, Rodriguez demonstrated the events to his group of RSP Soldiers during their training at Camp Niantic, Sept. 11, and offered advice.

"There's a trick to this," he said. "Don't get burnt out early. Listen to the commands and you'll make it."

"Yes, drill sergeant," the group responded in unison.

Interested in helping set new Soldiers down the path to success in the RSP? For more information contact your chain of command, or Chief Warrant Officer 3 Christopher McCarty, christopher.s.mccarty.mil@mail.

LEFT: Sgt. 1st Class David Rodriguez said the U.S. Army Drill Sergeant Course helped him learn how to become a better teacher for young Soldiers. He said being one of the first leaders Soldiers have during their military careers is a responsibility he's proud to have. (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs.)

## Airmen Graduate to New Career Opportunities

STAFF SGT. JEREMY BOWCOCK  
103RD PUBLIC AFFAIRS

Members of the 103rd Airlift Wing celebrated this year's associate degree graduates of the Community College of the Air Force on base during the August drill.

These Airmen put in the time and effort to complete degrees in the jobs the Air Force has trained them and they are better prepared for furthering their Air Force as well as their civilian careers.

The Community College of the Air Force is a federally-chartered academic institution that serves the United States Air Force's enlisted force. The CCAF is an exceptional benefit for Airmen, as it offers and awards job-related associates in applied science degrees that ultimately enhances mission readiness, strengthens graduates' resumes, progresses their military careers and supports any future career transitions.

Another major incentive? The CCAF is free. "As an Airman, obtaining a CCAF degree stands out," said 2nd Lt. Jennifer Pierce, 103rd Force Support Squadron. "It shows [your] leadership your motivation and desire to make and achieve academic goals which, in turn, boosts your promotion opportunities. It also certifies you as being a professional inside your career field. In the civilian world, having a CCAF degree shows potential employers that you are educated and have the extra drive they are looking for," she said.

Master Sgt. Kristina Owren, 103rd Force Support Squadron personnel craftsman, has received four CCAF degrees in her 20-year career and is thankful for the opportunities they have provided her.

"Even just having those degrees on the CCAF transfers

to your college credit, no matter what you've done," Owren said. "They all transfer to electives and they do help you out in the college world. I am very thankful I have had all these jobs and they have helped me toward my degree on the outside [of the Air Force]."

Airmen can graduate quickly with a CCAF degree because the program capitalizes on job-related training and education. Airmen become CCAF students as soon as they report for basic training, earning credits toward a degree immediately.

Four semester hours of physical education from basic military training going toward their CCAF degree. In addition, any professional military education courses, like Airman Leadership School or the Non-Commissioned Officer Academy, count as credits towards the CCAF degree, as well as some college courses an Airman may have taken or plan to take in the future.



More than 20 members of the 103rd Airlift Wing celebrated their graduation from the Community College of the Air Force at the Bradley Air National Guard Base in East Granby, Conn., during the August 2016 drill. The Community College of the Air Force is a federally-chartered academic institution that serves the United States Air Force's enlisted force. It offers and awards job-related associates in applied science degrees that ultimately enhances mission readiness, strengthens graduates' resumes, progresses their military careers and supports any future career transitions. (Photo by Staff Sgt. Jeremy Bowcock, 103rd Public Affairs)

"It means a lot [to get this degree done]," said Senior Airman James Benton, 103rd Logistics Readiness Squadron vehicle operator. "I did a lot of work in college and it's really cool that it wasn't all for nothing, that I have a degree I can put on my wall and on my resume."

## Camp Niantic An Affordable Waterfront Getaway



Reserve Rooms at the RTI or Buliding 32  
Single, Full and Queen Bed Options  
Private or Shared Bathrooms

### Who's Eligible?

All current CTNG Soldiers and Airmen and their dependents  
Active Duty Military and their dependents  
DOD Employees  
Retired Military  
State Militia members  
State Military Department Employees

### Post MWR Facilities

PX Open Tuesday - Saturday  
Kayaks, canoes, sailfish and other sporting equipment available  
Waterfront Picnic Areas  
Volleyball court  
Beach Access  
Fitness Centers

### Local Attractions

Nearby State and Local Beaches  
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For more information, contact:  
CPT Ryan Miller  
ryan.k.miller3.mil@mail.mil  
860.524.4853



## VA's Latest Benefit: On-Demand Cyber Training

COURTESY OF NEXTGOV.COM

Your hacked credit card account could be the ultimate beneficiary of a relatively new perk the Homeland Security Department is offering former service members.

A DHS online school is providing vets classes in malware analysis, mobile security and ethical hacking, among other subjects, as the number of open cyber jobs and jobless veterans grows. The lessons are available on demand, so veterans can progress through the training at their own pace.

The need for cybersecurity experts is increasing 12 times faster than the current U.S. job market, according to a Veterans Affairs Department blog post advertising the courses.

Through the DHS Federal Virtual Training Environment, veterans also can take preparatory classes for professional certification tests administered by ISACA, (ISC)2 and CompTIA.

Cyber pros typically can command six-figure salaries. "Veterans can sign up for an account through the Hire Our Heroes website and follow instructions through ID.me to verify veteran status and register for a FedVTE account," VA officials said in the post.

The cyber skills e-learning program is co-sponsored by Hire Our Heroes, a nonprofit, veteran-run organization that aims to employ the country's millions of out-of-work vets and service members close to retirement.

The DHS school is not the only no-cost information security training program targeted at vets. For example,

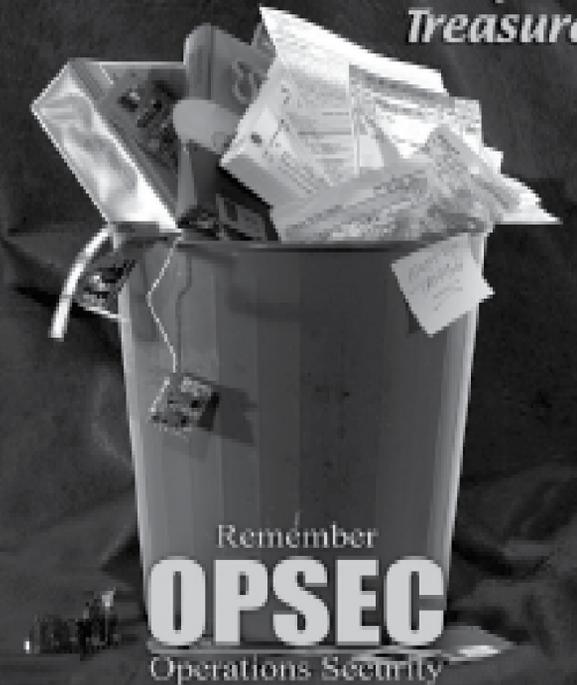
VetSuccess, run by the privately operated SANS Institute, promotes itself as a hands-on academy that supplies the technical skills required to land current openings.

"One of the veterans in the first cohort had offers for \$30,000-\$40,000 help desk jobs," SANS Institute Research Director Alan Paller told Nextgov in an email Friday. "He applied for VetSuccess, got in and did well in the training and certification exams. Now, he is choosing among three offers in the \$70,000 to \$100,000 range."

Earlier this year, internet security firm Solutionary partnered with SANS on a six-week training program for qualified veterans who promise to work for the company at least two years.

Classmates in Solutionary's customized sessions "are ready to perform effectively on day one," Paller said. "They need intrusion detection skills as well as knowledge on exploits and how to find them and eliminate the attackers."

Your Trash...  
Could be an Adversary's  
Treasure!



The Connecticut Guardian  
**ONLINE**  
<http://ct.ng.mil/Guardian>



**THE CONNECTICUT NATIONAL GUARD  
OFFICIAL WEB AND SOCIAL MEDIA**

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Connecticut National Guard Public Affairs Office  
Social Media Submissions and Information  
(860) 524-4858 [ctngpublicaffairs@gmail.com](mailto:ctngpublicaffairs@gmail.com)

# ESGR: Demystifying the Freedom Award Process

MEGHAN L. CONNORS  
ADMINISTRATIVE SUPPORT TECHNICIAN  
CT ESGR



Every year since 1996, Service Members like you have nominated employers for the Secretary of Defense Employer Support Freedom Award. The Freedom Award recognizes and honors exceptional support from businesses of all sizes and industries.

Since its inception, over 190 businesses have received the award – three of which have been from Connecticut: Wiremold Company, a Legrand Group (1998), General Electric (2004) and Cigna (2015).

The Freedom Award process operates on a cycle. Just after the current year’s Freedom Award ceremony, nomination season opens in October. Service Members then have until the end of December to nominate their employers.

Once nomination season closes, each state committee reviews and grades all of their nominations. During this time, committee volunteers and staff reach out to each company to verify information before submitting their recommendations at the end of January.

For the following four to five months, there is a flurry of activity on the national level. Once National ESGR announces all nominations in March, a select committee of previous recipients, senior Department of Defense officials, and business leaders review all of the nominations and select their semi-finalists in April and finalists in May. In late June/early July, the recipients are announced. In late September, the recipients are honored at the Freedom Award Recognition Ceremony in Washington, D.C.

The nomination form is accessible online only ([www.freedomaward.mil](http://www.freedomaward.mil)) and contains 10 questions designed to explain how military and service member friendly the company is. Most of the questions are self-explanatory, but all are below for reference.

**Pay Policies:** Does the employer provide compensation when a service member is away from work performing military service?

Anytime that you are performing military duties during work time, does your employer continue your pay?

**Benefits Policies:** Does the employer, either as a matter of published policy or practice, provide continuation of 1) health care, 2) dental, or 3) life insurance benefits for service members or their families when away from work performing military service?

If you are deployed or away for an extended period, does your employer continue your benefits for you and/or your family?

**Supervisor Training:** Does the employer train its managers and supervisors on the Uniformed Services Employment and Re-employment Rights Act (USERRA) so that they can effectively manage their Guard and Reserve employees?

Are your supervisors, managers, and human resources personnel trained to understand what USERRA is

and how it ensures that your rights are protected and you are not discriminated against for being in the military? Many USERRA problems arise from a lack of understanding on the laws.

**ESGR Advocacy:** Does the employer engage in activities or have established policies, which demonstrate an eagerness to help increase employer support for the Guard and Reserve within the community and encourage other employers to do so.

This one may be hard for you to answer without checking with HR. The question is asking if your employer does anything within the public community or business community to encourage others to support service members and encourage other businesses to hire them. One company earlier this year, hosted a seminar to explain how to hire service members.

**ESGR Awards:** has the employer been awarded other ESGR recognition, such as The Patriot, Above And Beyond, or Pro Patria Awards?

Have you or any of your fellow service member employees nominated your employer to receive either the Patriot Award or Above and Beyond Award? The state committee determines the Pro Patria recipients and many of the Freedom Award winners have received this award.

**Hiring Preference:** Does the employer provide any preference to members of the National Guard and Reserve in the process of hiring new employees?

Does your employer try to hire more servicemembers or go out of their way to find candidates in the Guard and Reserve? Some employers look for candidates with military experience, knowing the additional benefits and training that they receive.

**Service Member Support:** Does the employer interact with and support Guard and Reserve employees during periods of military service?

If you are deployed or away for an extended period, does your employer check in with you or send care packages while you are away. Some employers will e-mail or send packages to not only their service

member employee but to a whole unit as well.

**Family Support:** Does the employer interact with and support the family members of employees during periods of military service?

Does your employer check in on your family if you are deployed or on extended training, schooling, etc.? Some employers will arrange for lawns to be mowed, driveways plowed, or they periodically check in the family to see how everyone is doing.

**Service Member Recognition:** Does the employer provide positive recognition of its Guard and Reserve employees in organizational publications, events, or in other ways?

Does your employer recognize service members in any internal newsletters, flyers, company/public events, or in other ways? Some companies will honor service members at a Veteran’s Day or Memorial Day event or highlight what employees are in the military in newsletters.

**General Military Support:** Does the employer establish policies or engage in activities, which are generally supportive to the US Armed Forces, such as discounts, services, donations, scholarships, employment programs, etc.?

Does your employer provide any additional benefits for service members, have job programs for hiring service members, or generally go above what is required? If your employer does something that cannot be described in the other questions, this would be a good place to write about it.

As you begin to think about nominating your employer, here are some quick tips to keep in mind:

1. Quality over quantity: the number of nominations an employer receives does not matter. What does is one well-written nomination. Team up with your fellow service member coworker to write your nomination.
2. Correct information: without working contact information for you and your human resources person, we cannot verify the information. Triple check that the HR person’s complete contact information is correct.
  - a. If you work for a National company, use a local HR contact if there is one.
  - b. While we may not need to contact you, using an e-mail address and phone number that you check frequently is helpful in case we cannot reach HR and need a new contact.
3. Family can nominate for you: Should you or someone you know be deployed or otherwise unable to do so, a relative can nominate your employer on your behalf. They would use the same form and answer the same questions.
4. The nomination form must be completed all at one. There is no way to save the information. Make sure you have plenty of time set aside before you begin your nomination.

Always remember: The more detail you provide, the better chance your employer has to gain the recognition so rightly deserved. Good luck!

# Health & Fitness

## Your Best Time to Exercise

HUMAN PERFORMANCE RESOURCE CENTER STAFF  
[WWW.HEALTH.MIL](http://WWW.HEALTH.MIL)

The best time of day to exercise is the time when you can maintain a consistent exercise routine – not necessarily the same time for everyone. You also might experience better training adaptations when you exercise consistently at a regular time. For example, if you work out at noon every day, your body will adapt to perform at its best at noon.

Above all, exercise should be enjoyable. After all, if you don’t enjoy it, you’re less likely to keep up with it. So here are a few things to keep in mind about making exercise fit into your schedule.

**Morning.** It might be easiest to maintain a consistent exercise regimen by starting your day with a workout. Other things that come up during the day can affect your plans to work out later in the day, and motivation often fades as the day progresses. However, since your body and muscle temperatures are lower in the morning, it’s especially important in the morning to warm up properly before exercise.

**Afternoon.** Optimal adaptations to weight training seem to occur in late afternoon. Levels of hormones

such as testosterone (important for muscle growth in men and women) and cortisol (important for regulating metabolism and controlling blood pressure) seem to be at optimal ratio later in the day. For some people – because hormone levels vary from person to person – lifting later also might be more beneficial because their testosterone can respond better to resistance exercises.

**Evening.** The biggest caveat about exercising in the evening is how it will affect your sleep. Everyone is a little different. Some people can exercise right before bed and have no trouble sleeping. For others, it can make it difficult to get a good night’s sleep. There are lots of factors that can affect your sleep. Experiment to see what works for you.

Remember that other factors such as your work schedule, fitness goals, current diet, and sleep habits also affect your workout routine and physical performance. But whether at the end of the day (or in the morning or afternoon), a consistent exercise routine is the best routine.

*All health and dietary advice offered may not best suit your individual needs. Before starting any workout regimen, consult your physician.*



U.S. Marine Cpl. Logan Block flips a tire during a physical training session at Marine Corps Recruiting Command at Quantico, Virginia. The best time of day to exercise is the time when you can maintain a consistent exercise routine – not necessarily the same time for everyone. (U.S. Marine Corps photo courtesy of [www.health.mil](http://www.health.mil))



### Incident Diagnoses of BREAST CANCER, Active Component Service Women, U.S. Armed Forces

In the United States, with the exception of skin cancer, breast cancer accounts for the greatest number of incident cancer diagnoses in women and the second most common cause of female cancer-related deaths. Compared to the general U.S. population, female military members have been estimated to have higher breast cancer rates.

#### JUST THE FACTS

- ▶ Between 2002 and 2012, **1,092** female service members were diagnosed with breast cancer.
- ▶ **22.3%** of these cases were ductal carcinoma in situ (DCIS).
- ▶ Highest rates of diagnoses were among those older than **40 years**.
- ▶ Crude incidence rates of both DCIS and invasive breast cancer were lowest among Marine Corps than other services.
- ▶ Military members in health care occupations were most likely than any other occupations to be an incident breast cancer case.
- ▶ Black non-Hispanic female service members have the highest breast cancer incidence rates in the Military.

#### 7 WAYS TO PROTECT YOURSELF FROM BREAST CANCER

Minimize alcohol use.	Perform monthly breast checks.	Maintain a healthy weight. Stay physically active with moderate-intensity exercise.	Schedule a breast cancer screening. Have a screening mammography for DCIS.	Eat more nutritious food such as fruits, vegetables, nuts and whole grains.

Note: 1,092 active component female service members were diagnosed with breast cancer during a 13-year surveillance period and the overall crude incidence rate of breast cancer was 40.6 per 100,000 person-years (p-yr). Source: Defense Health Agency, Armed Forces Health Surveillance Branch, Incident Diagnoses of Breast Cancer, Active Component Service Women, U.S. Armed Forces, 2000-2012. NSMIR, Sept. 2013, 25-27. [https://www.afhsr.com/documents/subs/esgrw/2013/v25\\_209.pdf#page=25](https://www.afhsr.com/documents/subs/esgrw/2013/v25_209.pdf#page=25)

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# Governor's Horse and Foot Guards

## Local Boy Scout Troop Honors 1GHG with New Sign

CPL. LOUISA KRAUSE  
1GHG UPAR

Boy Scout Troop 274 of Avon honored the 1st Company Governor's Horse Guards with a new sign for their Avon facility, September 3, 2016.

Dominic Lofredo, 17, of Avon and a member of the Boy Scouts for 12 years, expressed his interest in this project while pursuing the rank of Eagle Scout.

Dominic created a crowd sourcing campaign through an online donation website and managed to collect the \$2,500 necessary to complete his project. Boy Scout Troop 274 boasts over 100 scouts, 12 of whom are seniors in high school all completing the projects necessary to pursue the rank of Eagle Scout.

Six fellow troopers and their assistant scout master, Dominic's father, demonstrated great teamwork and spirit as they completed their task. The Lofredo family is also donating an event sign that will be hung beneath the existing sign. Every year, Boy Scout and Girl Scout troops visit the 1GHG and demonstrate their dedication through various projects. The 1GHG is continually grateful for all the support it has received over the many years from the entire community who value and want to uphold the tradition of the 1GHG in Avon.



Members of Avon Boy Scout Troop 274 stand around the new sign at the 1GHG location in Avon, Conn. The members of the troop helped their fellow trooper, Dominic Lofredo, (second from right), with his fund raising project to obtain the sign as part of his pursuit of the rank of Eagle Scout. Eagle Scout is the highest achievement or rank attainable in the Boy Scouting program of the Boy Scouts of America. (Photo courtesy of Cpl. Louisa Krause, UPAR, 1GHG)

**POLITICAL ACTIVITY from page 2**



not engage in partisan political activities and all military personnel should avoid the inference that their political activities imply or appear to imply DoD sponsorship, approval, or endorsement of a political candidate, campaign, or cause. Members on active duty may not campaign for a partisan candidate, engage in partisan fundraising activities, serve as an officer of a partisan club, or speak before a partisan gathering. Active duty members may, however, express their personal opinions on political candidates and issues, make monetary contributions to

a political campaign or organization, and attend political events as a spectator when not in uniform.

**Social Media**

Civilian and military personnel may generally express their personal views on public issues or political candidates via social media platforms, such as Facebook, Twitter, or personal blogs, much the same as they would be permitted to write a letter to the editor of a newspaper. If, when expressing a personal opinion, personnel are identified by a social media site as DoD employees, the posting must clearly and prominently state that the views

expressed are those of the individual only and not of the Department of Defense.

As previously noted, active duty military members and further restricted civilian employees are prohibited from participating in partisan political activity. Therefore, while these employees may "follow" "friend" or "like" a political party or candidate running for partisan office, they may not post links to, "share" or "re-tweet" comments or tweets from the Facebook page or twitter account of a political party or candidate running for partisan office. Such activity is deemed to constitute participation in political activities.

Service members must also be careful not to comment, post, or link to material that violates the Uniform Code of Military Justice (UCMJ) or Service regulation. Examples include showing contempt for public officials, releasing sensitive information, or posting unprofessional material that is prejudicial to good order and discipline under the UCMJ.

For more information on the Hatch Act or DoD Directive 1344.10, personnel should contact their local legal or Staff Judge Advocate (SJA) office. General guidance on the Hatch Act may be found at the U.S. Office of Special Counsel website at [www.osc.gov](http://www.osc.gov).

account or engage in political tweeting while in a Federal building (including when off-duty), even if the employee is using her personal smartphone, tablet, or computer. Employees should never use government equipment when engaging in political activities. The attached Office of Special Counsel Press Release illustrates these issues.

**Military Members**

The primary guidance concerning political activity for military members is found in DoD Directive 1344.10 (Guidance for Military Personnel). Per longstanding DoD policy, active duty personnel may

# AROUND OUR GUARD

*A Glimpse at Connecticut Guardsmen and Events*



Sgt. Sabrina Summit of the 1109th TASMG talks with reporters at the Windsor Locks Readiness Center after returning home from a nearly yearlong deployment to the Middle East, Aug. 26. (Photo by Airman 1st Class Sadie Hewes, Connecticut National Guard)



Above Left: On August 10, Sgt. 1st Class David R. Rodriguez graduated from the U.S. Army Drill Sergeant Course at Fort Jackson, South Carolina. This was a long and arduous task and years in the making. He submitted his first Drill Sergeant applicant package five years prior, when he first arrived at the Recruit Sustainment Program where every cadre position is a Drill Sergeant position. During the years between submission and attendance he completed the police academy and the 11 Charlie Senior Leader Course. When the opportunity finally arrived Rodriguez did not hesitate to update and submit every possible document to gain approval. In addition he took it upon himself to learn the first three modules of instruction prior to receiving confirmation of orders. He was ready to go, and to excel. His graduation and superior performance at the course reflect his constant professionalism and willingness to grow. Adding his new credential to the Recruit Sustainment Program Cadre bolsters an already strong and professional group of Noncommissioned Officers. (Photo courtesy of Chief Warrant Officer 3 Chris McCarty, Commander, Recruit Sustainment Program, CTARNG)



Sgt. Jorge Silva of the 1109th TASMG spots his family at the Windsor Locks Readiness Center after returning from a nearly yearlong deployment, Aug. 26. The 1109th deployed to conduct rotary-wing aircraft maintenance in Afghanistan and Kuwait (Photo by Airman 1st Class Sadie Hewes, Connecticut National Guard)

Want to see your photo featured on this page?  
Please send your photos with a brief description to [allison.l.joanis.civ@mail.mil](mailto:allison.l.joanis.civ@mail.mil).

# CT SWAT Challenge

## Connecticut National Guard Troops Stand Up to the Task

SENIOR AIRMAN E. MANNY SANTIAGO  
103RD PUBLIC AFFAIRS

Law enforcement teams from across the country traveled to the Metacon State Police gun range in Simsbury, Connecticut, Aug. 22-25, 2016, to participate in the 12th annual CT SWAT Challenge.

Among the 35 participating teams was the Connecticut Air National Guard's 103rd Security Forces Squadron, a unit that has fielded a team each year for the past decade.

The Connecticut Army National Guard's 1-102nd Infantry Regiment and 192nd Military Police Battalion also fielded teams.

Tactical teams went head-to-head in various events, showcasing their weapon skills, endurance and overall ability to work as a team.

"This is a great atmosphere, and a great opportunity to meet different squadrons and different police forces," said Tech. Sgt. Dedrick Baublitz, SFS Flight Chief, "it's just a great group of guys."

The majority of the events were made up of teams of operators that competed in courses where they were able to demonstrate a variety of breaching techniques, communication and movement. Most small tactical teams consisted of a sniper, rifle-man, hand gunners, shooters with both rifle and handgun, as well as one team commander.

Each of the major team events involved a simulated incident. In the case of the Colt Cup, one of the first major events in the competition, it was an active shooter equipped with explosive devices. The teams' mission was to locate and disarm the device while neutralizing the target. The theme of the missions carried on throughout until Thursday, the final day of the competition.

"It's a very good competition," said Master Sgt. Chris Redo, a first-time team captain for the 103rd SFS. "It's a good opportunity to see what we're made of."

Every tactical team participated in the final day's obstacle course, a seven-mile trek through a path around the MDC reservoir in West Hartford. More than 40 obstacles tested the endurance of each individual, as well as their ability to work as a team and figure out how to progress forward. One of the obstacles included hanging from a ring that was attached to two poles that were held by teammates. Another obstacle involved two of the teammates swimming across the reservoir while the rest of the team waited at the other end.

For event results and additional information, visit <http://www.ctswatchallenge.com>.



Guardsmen assigned to the 103rd Security Forces Squadron carry a simulated-wounded comrade at the Metacon State Police gun range in Simsbury Aug. 24, 2016. The team competed in various events during the 2016 CT SWAT challenge that tested and stretched their ability to work as a team. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago)



Guardsmen with the 103rd Security Forces Squadron quickly try and finish a bag of Ruffles potato chips and an entire bag of Oreos during the 2016 CT SWAT Challenge at the MDC reservoir, West Hartford Conn., Aug. 25, 2016. This was just one of many obstacles they faced during a 7-mile course. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago)

RIGHT: Tech. Sgt. Dedrick Baublitz, 103rd Security Forces Squadron, low-crawls under a fence while being sprayed with water. during an event at the CT SWAT Challenge the MDC reservoir in West Hartford, Conn., Aug. 25, 2016. This was just one of the obstacles the SFS had to face during as part of a 7-mile course. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago) Emmanuel Santiago)

# Security Forces Troop Carries On Family Tradition of Military Service

AIRMAN 1ST CLASS SADIE HEWES  
103RD PUBLIC AFFAIRS

A family legacy of military service including both of his parents serving before him, is what brought Tech. Sgt. Dedrick Baublitz of Thompson, Connecticut, to the 103rd Airlift Wing—but that's certainly not all that has kept him a Flying Yankee.

Baublitz is a member of the unit's security forces squadron, as well as the manager of the security forces fitness program and an assistant in the 103rd's base-wide fitness improvement program. The FIP was designed to assist in improving Airmen who struggle with their physical training.

"The unit's fitness program has come leaps and bounds since it first started," said Baublitz, who noted his hopes for further improvement within the program.

Baublitz pointed out that he is extremely focused on personal fitness and helping others improve their own physical health. At the physically-demanding Connecticut SWAT Challenge, he and other team members from the security forces competed, August 23-25. Baublitz has also competed in several high-intensity fitness activities, including a Top Cop competition. Some of the challenges



Tech. Sgt. Dedrick Baublitz balances on a pallet while his teammates from the 103rd Security Forces Squadron relay him back and forth during an event at the MDC reservoir in West Hartford, Conn., Aug. 25, 2016. This was just one of the obstacles teams faced during as part of a 7-mile-long course. (U.S. Air National Guard photo by Senior Airman Emmanuel Santiago)

he faced in the Top Cop challenge included sled pulls, jujitsu-style combat, and lifting and moving weights estimated to be more than 100 pounds each.



Being in the military and participating in competitions similar to the Connecticut S W A T Challenge helps to motivate and keep Baublitz fit, but he lives by the idea that "fitness lays a foundation for a lot of your life," helping to balance stress and health, as well as ease the aging process.

Going further, Baublitz said that he stands by the idea that he should practice what he preaches in terms of fitness, knowing that he should never ask people in the fitness programs he manages to do anything physically that he could not achieve himself.

He is very committed to his position in security forces and says that he absolutely plans on participating in the Connecticut SWAT Challenge next year, along with anything else he can get his hands on.

"The more training you get and schools you attend, the more valuable you are to the unit—and the more opportunities you have to better yourself in the end," Baublitz said.

Baublitz said that the 103rd Airlift Wing has been the best that he has been assigned to so far. His hope for the future is to be able to help raise fellow troops to be the best that they can and continue making Bradley's security forces unit one of the best that he has worked for.

On the topic of helping improve others' fitness, Baublitz said that he tries to mix up workouts every drill so that Airmen are always doing something new in the Fitness Improvement Program. His advice to anyone who is looking to improve their personal fitness is, "The biggest thing is to find something that you enjoy doing, and stick with it."

103d Mission Support Group & the Connecticut Air National Guard proudly host the 2016 CT Military Department Officers' Dining In



November 3, 2016 7-10:00 p.m. Cocktail Hour: 6:00 p.m.

Please join us for an evening of camaraderie as we continue the tradition of the Officers Dining-In at the Aqua Turf Club in Southington, Connecticut. All current and former ARNG, ANG, Militia Officers, CSM, SGM and CMSgt are invited. Choice of Prime Rib, Chicken Katherine, Baked Scrod, or Veg. Lasagna – Cost is \$60. Uniform: Air Force Mess Dress, Army Service Uniform, Army Dress Blues, Army Dress Greens. Retirees may wear a uniform or appropriate civilian attire.

Highlights

- Speaker: Lieutenant General Harry M. Wyatt III (Ret.)
  - 14th Keynote Director of the Air National Guard
  - Former Adjutant General, Oklahoma National Guard
  - Distinguished Member, National Commission on the Structure of the Air Force.
- Traditional Punch Bowl Ceremony

Send replies to:  
 Maj. Krzysztof Kucharski  
 100 Nicholson Rd  
 Bldg 24  
 East Granby, CT 06026-9309  
 Phone: 860-292-2477  
 Krzysztof.Kucharski.mil@mail.mil

Please Return NLT October 15, 2016

Rank: \_\_\_\_\_ Name: \_\_\_\_\_  
 Organization: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 Email: \_\_\_\_\_

Meal Choice (circle one)  
 Prime Rib    Chicken Katherine    Baked Scrod    Veg Lasagna

Please make checks payable to "The Flying Yankee Club"

# Enlisted Update Note, We Look Ahead to FY17



COMMAND SGT. MAJ. JOHN S. CARRAGHER

Greetings, and welcome to October – the beginning of another brand new training and fiscal year.

The New Year (training or calendar) is always a time to reflect on the past 12 months and look forward to the upcoming year. On this particular New Year, my opportunity to write this column crossed paths with

the 15th anniversary of the attacks of September 11, 2001.

The weather was warm, humid and cloudy, which is very much in contrast to the crisp, sparkling September day 15 years ago.

The day turned out beautiful, despite the historical darkness of the day. I use the word historical because of an interesting perspective I heard in the news the other day. The 15th anniversary marks the first time that high school students are learning about the events of September 11th as a historical event that took place before they were born. I thought that was a significant fact, as it was not only a tragic event that saw such a huge loss of life, but it altered the course of life as we know it.

I hope that you took the opportunity to reflect on the events of that day and to consider how it has impacted each of us, our Country, and our Guard Family. I would also ask that you remember the young people that are learning about this event through the prism of history.

Our young people, some of whom may soon join our ranks, are unable to comprehend the significance of that day because they were not there. It falls to us to make sure the next generation understands and remembers.

Recently, we welcomed home the 1109th Theater Aviation Sustainment Maintenance Group after a successful overseas deployment, marking only the second time in the last 15 years that no Connecticut Army or Air National Guard unit is deployed.

Although it may be a short-lived reunion as the Connecticut Air National Guard prepares for deployment this fall, we will continue to stand ready to provide extra attention and focus on our deployed service members and their Families during a time that is often stressful.

For the units not set to deploy in 2017: This is not a time to rest on our accomplishments.

Collectively, your hard work has put us in position to withstand the constant pressure to reduce force structure by eliminating underperforming units. We need to double down on our efforts to focus on the tasks that will improve those metrics that directly impact readiness.

One of the key components of readiness is recruiting. Our organization needs to continue its commitment to investing in recruiting new Soldiers into our Guard, while retaining the quality Soldiers that have invested so much in us for the opportunity to be the organization's future leaders.

In the blink of an eye, the Sergeants and Staff Sergeants serving today will be the First Sergeants and Sergeants Major of tomorrow.

We have made unprecedented gains in military education over the past year, especially in the NCO ranks. As it pertains to NCO education: Connecticut was ranked in the bottom 10 of the 54 States and Territories. As we turned the calendar to September 2016, we saw our improvements make Connecticut one of the top 15 in the country.

Surpassing 30 states in 12 months is a huge accomplishment. I believe that the more significant

statistic is the 13% increase in the readiness of our units' NCOs, and the ability of our leaders to lead Soldiers to mission accomplishment. Please keep up the hard work and push the leaders of tomorrow to get to school. The transition to "Objective T" to measure the capacity and capability of our units to perform their mission essential tasks requires an assessment of the leaders present to conduct collective training events. Therefore, our leaders should expect to attend both professional military education and unit collective training events (i.e. annual training).

Another significant event in the very near term are the elections taking place this November. The single most important thing that you can do is make sure that you exercise your right to vote. Regardless of your political affiliation or preference for a candidate, voting is one of the fundamental rights that we all are sworn to protect. Voting for the candidates of your choice is a not only your right, but a privilege of being an American, the value of which cannot be understated. I urge you to spend some time researching all of the candidates for the various offices and make informed decisions to vote for the candidate that best represents you.

Thank you for your continued dedication and hard work.

Quote of the Month:

*"I consider it no sacrifice to die for my country. In my mind we came here to thank God that men like these have lived rather than to regret that they have died."*

-General George S. Patton, Jr., November 11, 1943, During a Memorial Service at an Allied Cemetery outside Palermo, Italy

CSM Carragher  
 Any Soldier, Any Issue, Any Time

## CONNECTICUT AIR NATIONAL GUARD COMMISSIONING OPPORTUNITIES

Qualified candidates may email resumes/CVs to:  
 Senior Master Sgt. Aaron Hann aaron.f.hann.mil@mail.mil (860) 292-2331  
 Master Sgt. Christopher Grizzle christopher.h.grizzle.mil@mail.mil (860) 292-2758

- 44K - Pediatrician
- 47G - Dentist
- 48A - Aerospace Medicine Specialist
- 48R - Flight Surgeon
- 46Y3A – APRN Nurse
- 45G3 – OB/GYN Nurse
- 42G3 – Physician Assistant
- 14N3 – Intelligence Officer



**1st Battalion (OCS), 169th Regiment (RTI)  
Officer Candidate School**

OCS OPEN HOUSE  
Information Brief

October 22, 2016  
Report Time: 9:00 a.m.  
9-11:00a.m. at The RTI, Camp Niantic

Uniform: ACUs with Patrol Cap  
Business Casual (Civilians Only)

Staff and Cadre will be on hand to answer questions and support administrative requirements.



Please RSVP through your chain of command and to:  
CPT David Lord [david.m.lord.mil@mail.mil](mailto:david.m.lord.mil@mail.mil)  
CW3 Michael Motolo [michael.v.motolo.mil@mail.mil](mailto:michael.v.motolo.mil@mail.mil)

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**WE'RE HIRING!**

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**Current R&R AGR Vacancies:**

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- ★ Warrant Officer Strength Manager

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TAKE THE CHALLENGE TODAY, CONTACT:  
**CW3 JOHN NERKOWSKI**  
WARRANT OFFICER STRENGTH MANAGER  
**203.410.0828**  
[john.v.nerkowski.mil@mail.mil](mailto:john.v.nerkowski.mil@mail.mil)

# Inside OCS

## Phase Two: A Whole New Ballgame

OC NHAN NGUYEN  
CLASS 62 OFFICER CANDIDATE SCHOOL  
1-169TH REGIMENT, RTI

Phase Two of Officer Candidate School is an eye-opener into the skills and mentality required of an Army National Guard Officer. It focuses on leadership development and optimal decision making. Candidates must also master information utilization and task delegation. Then, Candidates use these skills to plan the most appropriate course of action. Acquiring these skills ensures success throughout this portion of the course. Candidates from Connecticut and New York will cooperate to complete missions and delegate tasks throughout the next year. It is a privilege to work with 21 other Candidates from the two states. I expect effective communication to be critical to mission success. As an appointed leader, I approach these challenges as an opportunity to learn and work together. I believe team work is the most valuable tool and important to each phase of OCS. Candidates are expected to improve their abilities, study, and stay physically fit for each drill. This requires focus throughout the entire 12-month journey and slacking off between drills is not an option. With this in mind, OCS has instilled the principles of self-discipline and commitment while also encouraging learning beyond the parameters of drill. During August drill, Candidates from Connecticut

trained separately from their New York counterparts. We arrived two hours early to prepare for the upcoming weekend. After first formation, the Cadre laid out their expectations of all Candidates during Phase Two. We also received additional information in regards to writing Operation Orders, or OPORDs. An OPORD is essential to every mission because it provides a detailed look at the, "five Ws," of the operation. It defines roles and is a great tool for preparation. Classroom time has proven essential to our training as well as physical fitness. Connecticut Candidates also participated in a diagnostic Army Physical Fitness Test, then prepared for classroom instruction. Candidates focused on the attributes to becoming successful leaders. Cadre taught us effective listening techniques and how to focus in on important information. As leaders, we are responsible for issuing clear and effective orders so that others can properly prepare and execute. It is important to be precise and accurate when distributing information. Listening and speaking are both essential during the communication process. These aspects are crucial to the success of any mission. Moving forward, I expect Phase Two to become increasingly challenging. A leader must carry all the characteristics described by the Army Values. Phase Two brings out those values in each of us as we continue to show resilience and drive-on during the stressful times.



**Become an Officer in the Connecticut Army National Guard**

*Do you have what it takes to stand up to the mental and physical challenges of the Connecticut Army National Guard Officer Candidate Program?*

For information and requirements, contact your chain of command or Capt. Ulrick Brice,  
RRB Officer Strength Manager  
[ulrick.g.brice.mil@mail.mil](mailto:ulrick.g.brice.mil@mail.mil)

OCS OPEN HOUSE OCTOBER 22, 2016.  
See flyer on page 18 for details.

# R3SP - Resilience, Risk Reduction & Suicide Prevention

## Red Ribbon Week: Drug Awareness and Prevention

1ST LT. SHANEKA ASHMAN  
PREVENTION COORDINATOR  
SUBSTANCE ABUSE PROGRAM, CTNG

Red Ribbon Week is the nation's oldest and largest drug-prevention campaign in the country, reaching millions of Americans every year. Red Ribbon Week is a time to educate service members, families and communities the effects of drugs and alcohol and encourage the practice of healthy lifestyle choices. Promoting drug awareness and preventing illegal drug use among service members and their families is the aim of the annual campaign in support of Red Ribbon Week, October 23-31 2016.

The campaign honors Enrique "Kiki" Camarena, a Drug Enforcement Agency agent and former Marine, who was kidnapped and murdered by drug traffickers in Guadalajara, Mexico, in 1985. People in Camarena's hometown of Calexico, Calif., began wearing red ribbons in tribute to him, and pledged to lead drug-free lives to honor the sacrifice made by Kiki. In 1988, the National Family Partnership coordinated the first National Red Ribbon Week.

Red Ribbon Week emphasizes sources of help available for those with substance-abuse issues. Soldiers can self-refer themselves to the Substance Abuse Program under the Limited Use Policy. If a soldier self refers and seeks help, it limits the negative consequences of their drug and alcohol abuse. Drug use is a readiness issue and it is imperative that service members are seeking the help they need. Leaders must recognize and help Soldiers in need as well. Don't wait until you are caught during a drug test, get yourself help now.

In support of Red Ribbon Week, during the month of October, there will be banners at five armories: Hartford, Army Aviation Support Facility, Middletown, Niantic and Groton for Soldiers to pledge to living a responsible and drug-free lifestyle. It will be a reminder to Soldiers to engage in positive and healthy habits.

**RED RIBBON WEEK**  
**OCTOBER 23-31, 2016**

**SIGN THE PLEDGE**  
**TO BE DRUG FREE!**

**HARTFORD, AASF, MAFCR,**  
**CAMP NIANTIC, GROTON SUBBASE**

**PLEDGE TO BE A DRUG-FREE SOLDIER OF THE CTARNG!**



For more information on the Substance Abuse Program (SAP), contact  
**ROBIN TANGUAY, ADCO at 401-465-4947**  
robin.tanguay@accenturefederal.com  
**SHANEKA ASHMAN, PC at 860-549-2838**  
Shaneka.ashman@accenturefederal.com

**I PLEDGE**

In an effort to empower strong and healthy choices, we are asking Soldiers to pledge to make our country a safe place by filling out this pledge card in honor of Red Ribbon Week 2016. Display this proudly to remind yourself and others of your commitment to being a safe Soldier.

- \_\_\_not drink alcohol during a drill weekend
- \_\_\_get someone help if I recognize signs of alcohol poisoning
- \_\_\_watch my buddy's back to make sure they don't drink too much
- \_\_\_never drink and drive
- \_\_\_organize a safe and sober ride home
- \_\_\_follow the 0-1-2-3 low-risk guidelines
- \_\_\_not take any illegal or non-prescribed drugs
- \_\_\_continue setting a positive example for my peers, subordinates, and leaders

Signed \_\_\_\_\_  
Date \_\_\_\_\_

# R3SP - Resilience, Risk Reduction & Suicide Prevention

**Resilience: "Family Dimension"**

CSM James A. Sypher  
R3SP Program Manager  
james.a.sypher.mil@mail.mil

**Operation Family**  
Article from CW2 Mike Adams, OX Magazine VOL. 12, Issue 1

**\*\* Many of the same elements which make a Guard mission successful can also forge a healthy unit at Home \*\***

**1. Have a Clear Objective**

- + Have family meetings and talk about principles that are most important for all.
- + Set long-term goals together.

**2. Assign Clearly Defined Roles**

- + Pick age-appropriate jobs for everyone as a Family. Chores = contributing to the mission.
- + Use more carrot than stick. Acknowledge more loudly when things go right vs. wrong.

**3. Have an Open Door Policy**

- + Don't accept "It was OK" for an answer. Ask questions that require explanation.
- + Practice active listening. Don't always jump immediately to problem-solving.

**4. Lead from the Front**

- + "A leader is one who knows the way, goes the way, and shows the way," - John C. Maxwell.
- + Be the best version of you that you can be.

**Family Dimension**  
A nurturing Family unit is one that is safe, supportive, loving, and provides the resources needed for all members to live in a healthy and secure environment. Regardless of how a person defines his or her Family, it is often their primary source of support.

**Family Resources**

Service Member and Family Support Center  
800-858-2677

Military OneSource  
1-800-342-9647  
www.militaryonesource.mil

Transition Assistance  
860-524-4908  
jonathan.j.braca.ctr@mail.mil

Financial Counselor  
203-233-8790  
PFC.CT.ANG@zelders.com

Employment Assistance  
860-548-3295  
sean.r.britell.ctr@mail.mil

State Support Chaplain  
860-548-3240  
david.c.nutt.mil@mail.mil

# SUICIDE: The Hidden Risk of Drinking

MEAGAN MACGREGOR  
SUICIDE PREVENTION PROGRAM MANAGER, CTNG

It is a common belief that suicide is directly related to mental health issues. While mental and behavioral health issues continue to be primary risk factors for suicide, it is a much less known fact that the second most prevalent risk factor of suicide is substance abuse, specifically alcohol use, even without the presence of mental illness.

Recent research has shown that alcoholism is a more accurate indicator of suicide than a psychiatric diagnosis. For decades studies have explored the relationship between alcohol and suicide with very similar findings: alcohol is a depressant that lowers a person's inhibitions, decreases cognitive reasoning, and increases impulsivity and risky behaviors. Abusing alcohol can trigger the symptoms of mental or behavioral disorders and exacerbate life's stressors, creating risk factors that could potentially lead to suicide.

Initially, drinking may seem like a to cope with problems, but the rate of depression is believed to 2-4 times higher in those who abuse substances and the consequences of problem drinking (i.e. legal issues, financial strain, relationship issues) can create more stress than the personal initially had. Subsequently, if a person chooses to stop drinking without the proper resources and guidance, they may feel overwhelmed by the sudden return of the pain and/or emotions they were drinking to escape, which may lead to suicidal thoughts or behaviors.

Substance abuse and suicidal ideations are unfortunately common in the National Guard due in part to the unique combination of stressors Guardsmen face balancing their military and civilian lives and making the transition back and forth. The Resilience, Risk Reduction, Suicide Prevention (better known as R3SP) Program of the Connecticut Army National Guard seeks to mitigate these risks and support our Service Members by providing annual training about the dangers of substance abuse. The program also offers suicide prevention and intervention courses, and courses to increase resiliency and coping skills.

If you or someone you know is struggling with alcohol or other substances, contact the Army Substance Abuse Program at 860-549-2838 to find out how they can help connect you to treatment. Suicide Prevention Programs will be running prevention and intervention training sessions throughout Fiscal Year 2017, so contact the Suicide Prevention Program Manager at 860-969-7061 for availability and more details.

This October, you can pledge to be drug free with the Substance Abuse Program and take steps to increase your protective factors. Together, we can do more than one can do alone.

**If you or someone you know needs assistance please contact the Behavioral Health Care Line 24/7 at 855-800-0120.**

#bethere



**Be there for your buddy.**

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) | giveanhour.org | guardyourhealth.com

# Off the Bookshelf Additional Items to Note About "The Revenant"

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS

Michael Punke's, "The Revenant," published in 2002, is based loosely on the adventures of the famous 19th century American trapper and outdoorsman, Hugh Glass. It's important to remember that Punke's book is a novel, and that he used artistic license to sharpen ambiguous historical accounts and to fill narrative gaps. The team behind the 2015 film adaptation of the novel strayed much farther than Punke to colorize the plot and characters from William Henry Ashley's fateful fur-trading expeditions of the 1820s. Although both the novel and film are filled with historical inaccuracies, they do bring to light several historically interesting items and coincidences that are worth noting.

To Enterprising Young Men: William Henry Ashley published an advertisement in a Missouri newspaper in 1822 requesting 100 young men to join his fateful fur-trading expedition. In addition to Hugh Glass, John Johnson also traveled to the mouth of the Missouri River to join Ashley in response to the fur-trading advertisement. John Johnson was made famous by the 1972 Sidney Pollack film, "Jeremiah Johnson."

Old Ephraim: Events portrayed in, "The Revenant," to include the history of Glass (especially his adventures as a pirate) may not have taken place. The more famous names and figures from the era were often credited with the feats and accomplishments of others. Their shared history can be thought of as a game of mountain man telephone. John Johnson (Jeremiah Johnson), for example, was said to have also been abandoned following an attack similar to Glass', but after a quick rehabilitation he also reportedly crawled an immense distance for vengeance. In 1827, a bear mauled frontiersman James Ohio Pattie and two of his companions were paid to stay with him to see him recover or perish. Bear attack and subsequent rehabilitation stories were popular conventions in mountain man lore, as were revenge tales.

Jim Bridger: Jim Bridger may or may not have been

one of the men who attended and then abandoned Glass after the infamous bear attack. He has been identified as being so in numerous sources, but Jerry Enzler in, "Tracking Jim Bridger," notes that a man named, Bridges, may have instead been the culprit. Jim Bridger, made famous by Washington Irving's, "Adventures of Captain Bonneville," may have only been guilty of having the name that his fellow trappers and explorers recalled when they passed their tales to each other.

The Arikara and Big Medicine: The Lewis and Clark expedition (The Corps of Discovery) met with the Arikara Indians (the antagonists of, "The Revenant") in 1804 on the Grand River in Missouri. Many of the tribe members were familiar with explorers and strangers in their land. However, they were not familiar with black slaves. The Arikara were fascinated by Clark's slave, York, and nicknamed him, Big Medicine. The Corps' agreeable relationship with the Arikara assisted future expeditions of traders and trappers, but the relationship soured when an Arikara leader, named Ankedoucharo, was reported to have died by unknown circumstances while visiting Washington D.C. as an invited guest. The relationship between the Arikara and the U.S. never fully recovered.

Sacajawea: A French Canadian scout and interpreter in the Lewis and Clark expedition, Toussaint Charbonneau, was a reported companion of Glass during various excursions in "The Revenant." Charbonneau was accompanied by his two wives during his employment with the Corps of Discovery. The more famous of the two was Sacajawea.

Col. Henry Leavenworth: The U.S. military shared a codependent relationship with frontiersmen and trappers. Early French exploration and trapping was followed by the American Louisiana Purchase of 1803. The Lewis and Clark Expedition furthered American exploration and trapping, which was aided by the presence of U.S. military and militia forces. The events portrayed in "The Revenant" came shortly after the American Arikara War



of 1823. Following an Arikara attack on the Ashley trapping expedition, which included Glass, Leavenworth commanded hundreds of men from the U.S. 6th Infantry, and volunteers, to attack an Arikara village on the Missouri River. Leavenworth's expedition succeeded only in driving the Arikara from their village, which was subsequently burnt. This conflict laid the groundwork for future U.S. military operations in Native American territories and fueled Arikara resentment toward settlers and explorers. In 1833, Hugh Glass is reported to have been scalped and killed by members of an Arikara war party.

# Military History Eli Whitney - Revolutionary Inventor

BRIG. GEN. (CT-RET.) ROBERT CODY  
HISTORICAL COLUMNIST

Eli Whitney, inventor of the cotton gin and local historical figure, was born in Westborough, Mass. in 1765.

He showed his prowess for inventing at a young age, developing a machine that made nails during the American Revolution. Shortly after graduating from Yale College in 1792, he was prepared to take a job as a tutor in South Carolina, but his life took a major detour after a chance encounter.

On his voyage south, he met Catherine Greene, widow of Revolutionary War General Nathanael Greene. At her urging, he looked at the difficulty of separating the seeds from, "short staple cotton." While it was very easy to remove the seeds from the long fiber cotton, it only grew in the coastal areas of South Carolina and Georgia.

Short staple cotton could be grown in much larger areas, especially inland. One worker took an entire day to remove the seeds from one pound of cotton by hand.

After just ten days, Whitney had a working model of his engine, later shortened to, "gin." His gin used long thin wires embedded in a roller to "comb" the seeds from the fibers. Brushes would then remove the clean fibers from the wires, making it possible for one worker to clean 50 pounds of cotton in a single day. Cotton gins powered by rushing water could double that.

By 1800, cotton production in the South increased 100-fold. Eighty percent of the total crop was exported to Great Britain, aiding in bringing Southern economy back from the brink of poverty.

Sadly, only a small portion of the South's population benefitted from Whitney's gin as the flourishing cotton trade created a dramatic increase in slave labor. Whitney

did not see much profit from his invention as the machine was easily duplicated. Local plantation owners blatantly infringed on his patent.

Needing money to finance the legal actions he took against those who copied his cotton gin, Whitney turned to interchangeable parts. At the time muskets were hand-made in their entirety as each part was meticulously crafted to fit a particular gun.

Cotton gin inventor, Eli Whitney. A chance encounter with Catherine Greene paved his future and changed cotton production as we knew it (Photo courtesy of www.connecticuthistory.org)

Through what he called his, "uniformity method," a worker could duplicate parts that could be used on any musket that the shop was making. The, "Father of American Technology," is honored today by one of Connecticut's Technical High Schools. Eli Whitney Technical High School in Hamden pays tribute to the man who laid the foundation for mass production and ushered in our industrial revolution.



**Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Humanities in Stamford. Email him at [rmcody@snet.net](mailto:rmcody@snet.net).**

**CONNECTICUT NATIONAL GUARD**

## IS YOUR SOCIAL MEDIA SAFE?

- Check your Privacy Settings
- Be selective who you connect with
- Turn off Geotagging on your devices
- Don't post Personal Identifying Info
- Watch for OPSEC violations
- Post with common sense!

**Be sure to check and adjust your settings!**

## CONNECTICUT NATIONAL GUARD SAFETY FIRST

Consider Safety in all Seasons

**Connecticut Army National Guard Safety Office (860) 292-4597**

**Connecticut Air National Guard Safety Office (860) 292-2776**

## SMOKE & CO DETECTOR TIPS

- ✓ Replace units at least every 10 yrs (or as directed by manufacturer)
- ✓ Replace back-up batteries twice a year
- ✓ Test each unit monthly
- ✓ Clean each unit monthly
- ✓ Install a CO detector on each floor & in each bedroom
- ✓ Install a smoke detector in each bedroom

### THE DA PHOTO PROCESS

#### Do You Need A DA Photo?

**1** Must be SSG or above. And at least one of the following:

- No photo on file
- Current photo over 5 years old
- Promoted since last photo
- Received ARCOM or higher

#### REVIEW YOUR ERB/ORB

- Check records for accuracy
- Determine which awards you are authorized to wear for your photo
- DO NOT Wear awards not listed in your record
- ERB/ORB accuracy is an individual responsibility

#### PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards before scheduling an appointment.

- Uniform preparation is an individual responsibility
- Last minute cancellations due to incomplete uniforms waste everyone's time. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard
- Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.

#### SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details
- Only available time slots are shown. If your first choice is unavailable, choose another time.

#### SHOW UP AT SCHEDULED TIME

1SG Maurice Rose  
Annual Forces Reserve Center  
375 Smith Street  
Middletown, CT 06457  
Room 322

- Be on time and fully dressed at the scheduled time
- Locker rooms available on the first floor if you wish to carry your uniform on a hanger

#### IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK.

- Per AR 645-30, Photographers will not alter the photograph, to include adding new rank, ribbons, stars or existing medals or unit crests. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 645-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

#### How Does your photo get to your ERB/ORB?

Once approved in DAPMIS, your photo will automatically be routed to your ERB/ORB.

#### What to Wear for a DA Photo

- Must Wear Unit Crests (Enlarged)
- NO Infantry cords or blue disks
- NO Green leadership tabs
- Wear RDI if affiliated
- Only wear PERMANENT awards listed in your records
- Wear Marksmanship Badges
- Wear only Unit Crests that PERMANENT and listed in your individual records
- Identification badges worn on left pocket, if authorized
- Nameplate must be worn
- Wear ONE CSID, if authorized
- No headgear worn for DA photo

FOR MORE INFORMATION, VISIT: [WWW.ARMYSG1.ARRY.MIL/DA/DAFORMAL](http://WWW.ARMYSG1.ARRY.MIL/DA/DAFORMAL)

## Training Circulars for TY17 Are Now Available

### Contact Your Chain of Command for More Information

#### Upcoming Training Circular Courses in the next 90 days

Course Title	Course #	Action Officer	Start Date	End Date
Digital Training Management System Course	350-17-30	Sgt. 1st Class Richard Reynolds	12-Oct-16	12-Oct-16
Final Formation	350-17-13	Sgt. 1st Class Tarazona Quintero	15-Oct-16	15-Oct-16
Bus Driver Training Course	350-17-21	Master Sgt. Thomas Ahearn	17-Oct-16	21-Oct-16
Unit Finance Course	350-17-34	Sgt. 1st Class Fabian Bennett	18-Oct-16	20-Oct-16
Heartsaver AED Certification	350-17-18	Sgt. 1st Class Jesse Stanley	19-Oct-16	19-Oct-16
Intelligence Section Working Group and Training Workshop	350-17-28	Master Sgt. Jonathan Trouern-Trend	5-Nov-16	6-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	7-Nov-16	7-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	9-Nov-16	9-Nov-16
Range Control Operator's Course (RCOC)	350-17-02	Master Sgt. Michael Nugent	14-Nov-16	18-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	14-Nov-16	14-Nov-16
Leadership Challenge Program I Course	350-17-31	Maj. Kristina Garuti	15-Nov-16	16-Nov-16
Casualty Notification / Casualty Assistance (CNCA)	350-17-05	Sgt. 1st Class Michael Cardozo	15-Nov-16	17-Nov-16
Medical Readiness Training (MEDRED)	350-17-01	Chief Warrant Officer 3 Stephanie Richard	16-Nov-16	16-Nov-16

### Highlighted Courses:

**Unit Finance Course:** This training, designed for the unit Readiness Non-Commissioned Officer or other designated individual, aims to increase financial readiness and overall unit auditability. Training will emphasize regulations, reports, preventative and reconciliatory measures, and key supporting documents/entitlements. In addition, it will cover interconnected departments, applicable systems, schedules, inspections, submittal procedures and inquires. Full Time RNCOs or designated individuals responsible for payroll submittal at the Unit/Battalion/MACOM level are highly encouraged to attend. Multiple Classes; Max 25 seats per class; See unit training NCO for current availability.

**Intelligence Section Working Group and Training Workshop:** The intent of the Intelligence Working Group (IWG) is to provide a forum for all CTNG Intelligence Officers and Intelligence Analyst (S2) to share information and collaborate on intelligence focused issues. The Training Workshops will be conducted in conjunction with the IWGs and provide intelligence based sustainment training to ensure CTNG members assigned as Intelligence Officers/ Analyst (S2) are adequately trained to support their unit's missions. The training will be focused on both worldwide contingency operations as well as Defense Support to Civil Authority (DSCA) Operations at the State and Regional level. Course runs Nov. 5-6, 2016; Max 40 seats per class; See your unit training NCO for current availability.

**Range Control Operator Course:** Attending Soldiers will be trained and certified to properly run the Stones Ranch Military Reservation (SRMR) and East Haven Rifle Range (EHRR) Range Control Operations. These individuals must make themselves available to the Connecticut Training Center (CTC) as operators in support of utilizing units. Upon certification and course completion, Soldiers will be eligible to perform Range Control support in a paid, FTNGDOS Status (pending available funds). Class runs Nov. 14-18, 2016; Max 12 seats per class; See your unit training NCO for current availability.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson.mil@mail.mil - Phone: 860-493-2774

## Retiree Voice National Defense Authorization Act 2017

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN  
RETIREE AFFAIRS COLUMNIST

By the time this article is published, Congress will have been back in session for just over a month.

While they left much unfinished business when they adjourned, one very important piece of legislation that needs attention is the National Defense Authorization Act for 2017. There are many remaining differences between the Senate and House versions of the NDAA that need to be resolved. I cannot possibly touch on all of them here, but I will attempt to highlight a few key provisions of the proposed bills.

#### Military Healthcare:

- Both the House and Senate versions of the NDAA 2017 do not make any changes to TRICARE For Life, but in almost all other healthcare areas, the Senate and House do not agree. The following are some of the Senate's proposed changes verse the House version which would leave many of these proposals unchanged:
- Changes the name of TRICARE Standard to TRICARE Choice. It would also impose an annual enrollment fee for TRICARE Standard of \$150 per person or \$300 per family, as of January 1, 2018. And over five years the fees would rise to \$450 per person or \$900 per family.
- Would raise the annual out-of-pocket expenses to \$1,500 for currently serving families and \$4,000 for retired families. Currently the rates are \$1,000 and \$3,000 respectively.
- Doubles the current TRICARE Standard

deductible to \$300 per person and \$600 per family.

- Doubles pharmacy co-pays over a nine-year period, including raising the mail-order generic drug co-pay from the current level of zero to \$11, effective in 2020.
  - Would raise TRICARE Prime annual enrollment fees by 24 percent to \$350 per person or \$700 per family.
  - The bill would establish a pilot program authorizing National Guard and Reserve members to elect coverage under a program similar to the Federal Employees Health Benefits (FEHB) Program. It is not known at this time if this program would be an alternative to the current TRICARE Reserve Select, or a replacement for it.
- #### Service Member Pay and Housing Allowance:
- The Senate's bill supports the Administration's request to reduce servicemembers pay raises to 1.6 percent in 2017, verse the House's recommendation to enforce the full 2.1 percent raise as prescribed in existing law.
  - The Senate version of the NDAA 2017 also includes cuts to the basic allowance for housing:
  - Those joining the military after January 2018 would have their BAH calculated using their actual housing cost or BAH, whichever is less.
  - The bill also recommends dividing the normal BAH rate by the number of BAH eligible couples in a dwelling. Dual married couples would see their BAH cut in half. Roommates could see the same cuts or worse, depending on how many share

the dwelling.

- The House bill does not include the DoD request to increase Thrift Savings Plan (TSP) matching back up to the full 5 percent recommended by the Military Compensation and Retirement Modernization Commission, but it does reject the DoD's request to delay the onset of the government TSP match until five years of service.
- #### End Strength:
- The House version of the NDAA 2017 would see Army end strength increase by 5,000 and ARNG end strength increase by 8,000 versus the Senate's version which would cut the Army and ARNG end strengths by 15,000 and 7,000 respectively.
  - The House version would also increase the end strengths of the USAR by 10,000, the USAF by 4,000 and the USMC by 3,000.

By the time the final version of the NDAA 2017 is passed into law, many changes and compromises may be made to the legislation. It bears close watching by all of us as this bill moves through the legislative process to let our Legislators know how we feel about some of these proposed changes.

The information and facts presented in this article came from many sources, to include, but not restricted to, the Military Officers Association of America, The Association of the United States Army, the United States Army Warrant Officer Association, Congress.gov and the House and Senate Armed Services Committees websites.

## Legal Affairs A JAG's Perspective on Legal Support at OCS Phase I

MAJ. MICHAEL E. CRISCUOLO  
JUDGE ADVOCATE

This past July I had the honor and the privilege of being part of the Officer Candidate School/Regional Training Institute Team during OCS Phase I, July 16-23, 2016.

My role was to provide legal support to the RTI staff as they trained the next generation of young leaders.

Upon reporting to OCS Phase I on July 16, the class had already been in session for a week, and the staff and cadre were fully engaged in training the Officer Candidates. I was impressed at how seamlessly the staff and cadre worked together and how they had managed to find extra time during each training day to find creative ways to enhance the experience of every Candidate. My challenge was to integrate into a team that was already fully engaged working at such a high level of efficiency.

OCS requires numerous individuals with a variety of backgrounds and expertise to ensure mission success. Skills included expertise in land navigation, first aid, small unit tactics, field craft skills, and instructors and subject matter experts to teach a host of diverse topics. Providing legal support was my contribution. Legal

support included all legal services to support the RTI Command in its mission to train Candidates, and mold them into tomorrow's leaders. These legal services included advising and assisting the OCS/RTI Commands in the following: any discipline matters involving students, legal issues affecting a student's OCS attendance/performance (to include anything of a criminal nature, if the need arose), legal issues involving a student's dismissal/relief from the OCS Program, and any other assistance that the RTI Commander, and his staff and cadre required.

I provided Legal Assistance Services to the students, and RTI staff and cadre, when those services did not conflict with my primary mission of providing legal support to the RTI Command. These legal services included estate planning, (i.e., wills, powers of attorney, living wills), assistance with military legal issues, and assistance with civilian legal issues such as landlord/tenant, domestic matters, and commercial law.

I observed firsthand how many moving parts there are working behind the scenes at OCS and the training amazed me. The amount of information and training the

OCS staff imparts on these future leaders in a two-week course would be difficult for anyone, but they were up to the challenge. The Candidates may have had long days, but they were very full and productive.

As long and hard as the candidates' days were, the days for the staff were longer and harder still, because of their dedication and attention to detail – ensuring that the training for the next day was ready while still managing the logistics of having over 100 candidates at Camp Niantic for two weeks.

Not only did the candidates need to be trained, but they had to be fed, housed, and provided medical attention as needed. The staff and cadre made it all happen, and made it look easy doing it.

On July 23, my time at OCS came to a close. It was a rich and fulfilling experience, and I would recommend it to everyone, because there is nothing more satisfying than knowing you have had a hand in shaping tomorrow's leaders.

I appreciated the time spent with them this last July. It was truly one of the most memorable and satisfying professional experiences of my career.

# THE 102D ARMY BAND



## WANTS YOU

### TO AUDITION!

The 102d Army Band is looking for experienced musicians between the ages of 17 and 35 to audition now! IMMEDIATE openings for:

**French Horn • Clarinet • Guitar  
Bass Guitar • Trombone • Saxophone**

All other band instruments will also be considered!  
Get the chance to perform at Community and Guard events, honor ceremonies, concerts, sporting events and much more!

Contact a local recruiter or 102d Army Band RNCO Staff Sgt. Tomasz Durnik [tomasz.d.durnik.mil@mail.mil](mailto:tomasz.d.durnik.mil@mail.mil) or (860)375-1801  
Find us on FACEBOOK! [facebook.com/102dArmyBand](https://www.facebook.com/102dArmyBand)



## The Connecticut National Guard needs you to help tell the Soldier's story.

The 130th Public Affairs Detachment is looking for qualified, motivated Soldiers interested in writing, photography, video production, or media relations.

For information on vacancies and requirements, please contact Sgt. 1st Class Jordan Werme [jordan.e.werme.mil@mail.mil](mailto:jordan.e.werme.mil@mail.mil) or (203) 568-1730

Find us on Facebook 



# Veterans Services and Where to Find Them

Veterans of the United States armed forces may be eligible for a broad range of programs and services provided by the VA.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.  
[http://www.va.gov/opa/publications/benefits\\_book/](http://www.va.gov/opa/publications/benefits_book/)

**Health Care**  
VA's health care offers a variety of services, information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliarys, readjustment counseling centers, and various other facilities.

**Benefits & Services**  
VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include veterans' compensation, veterans' pension, survivors' benefits, rehabilitation and employment assistance, education assistance, home loan guaranties, and life insurance coverage.

**Burial and Memorials**  
Burial and memorial benefits are available for eligible service members, Veterans, reservists, National Guard members, and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

**Veterans Benefits Fact Sheets**  
<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

# CONNECTICUT NATIONAL GUARD PROMOTIONS

## ARMY

**To Private 2**  
Mercer, Zachary T.  
Richards, Brianni M.  
Graff, Caleb  
Shepard, Justice J.  
Schmitt, Eric C.  
Moore, Curtis K. Jr  
Dingee, Luke T.  
Sweeney, Kevin M.  
Weis, Spencer H.  
Leiva, Fredy O.  
Bowen, Javonie O.  
Rowold, Jonathan P.  
Frassinelli, Logan M.  
Galeano, Alexander  
Sonko, Emmanuel K.

**To Specialist**  
Blythe, Richard W.  
Ansong, Maron A.  
Leonard, Joseph B.  
Addae, Christian A.  
Avery, Jacob G.  
Hebert, Brandon M.  
Delmas, Sterley S.  
Jules, Marloune  
Bibisi, Blake T.  
Barletta, Samantha S.  
Zamzes, Meredith W.  
Rivera, Luimar O. Jr  
Robbins, Kerry Lee K.  
Maconwells, Robert Ek  
Smith, Ricky L.  
Poissonier, Joshua A.  
Sanchez, Luis A.  
Jackson, Arthur W.  
Rodriguez, Nancy  
Montgomery, Aundry B.  
Wright, Kristopher G.  
Mckelvey, Courtney E.

**To Sergeant**  
Heck, Joseph A.  
Nelson, Gavin A.  
Bell, Michael D.  
Davenport, Cierra Q.  
Chitacapa, Kenny M.  
Pongnon, Marc H.  
Pagel, Garrett P.  
Centeno, Joshua  
Blythe, Richard W.

**To Staff Sergeant**  
Kwolek, Peter A. II  
Wrigley, Richard D.

**To Sergeant First Class**  
Cassidy, Amy Jean M.

**To Private**  
Villalvamarillo, C.  
Rodriguez, Monica  
Garcia, Giovanthony J.  
Ariascollazo, Jose Jr.  
Tangredi, Joseph L.  
Rios, Benjamin D.  
Leduc, Corey T.  
Nations, Steven A.  
Turner, Shayquan J.

**To Airman**  
Christensen, Keith M.

**To Senior Airman**  
Huertas, Jason A.  
Holmes, Jonathan P.  
Ellison, Jovon W.  
Rosado, Justin L.  
Moss, Marcus G.

**To Airman 1st Class**  
Duggan, Marybeth A.  
Febles, Ricardo A.  
Stovall, Shaquille B.  
Bouchard, Shelby R.  
Wdowiak, Tomasz  
Donna, Alec M.  
Fried, Avery G.  
Sumeersamauth, Deonarine Jr.

**To Staff Sergeant**  
Melendez, Enid M.  
Zygadlo, Patryk J.  
Ruffin, Briana E.  
Meskell, Daniel J.  
Kelly, Devin K.  
Geller, Matiyahu B.  
Briggs, Olivia D.

**To Master Sergeant**  
Francoeur, Glen M.  
American, Brian M.

**To 2nd Lieutenant**  
Croce, Anthony R.  
Solaris, Andrew R.  
Escobar, Edwin W.  
Blanco, Noah E.  
Maciag, Melissa L.  
Orzech, Philip J.

**To 1st Lieutenant**  
Petersen, Blake R.

**To Captain**  
Caffyn, Sean M.

**To Major**  
Gorham, Tyshon D.

**To Technical Sergeant**  
Walls, Jessica D.  
Stanhope, Theresa R.

**To Master Sergeant**  
Camintero, Surergvy A.  
Labonte, Scott W.  
Key, Ryan

## AIR

### Congratulations to All!



Promotions as of September 1, 2016

# Coming Events & Holidays

**October**  
**October 3**  
Rosh Hashanah  
**October 11**  
\*November Guardian Deadline\*  
**October 12**  
Columbus Day  
**October 12**  
Yom Kippur  
**October 13**  
U.S. Navy Birthday

**November**  
**November 6**  
Connecticut Veteran's Day Parade  
**November 8**  
\*December Guardian Deadline\*  
**November 11**  
Veteran's Day  
**November 17**  
CT Veterans Hall of Fame

**December**  
**December 7**  
Pearl Harbor Remembrance  
**December 13**  
\*January Guardian Deadline\*  
**December 24**  
Hanukkah Begins  
**December 24**  
Christmas Eve  
**December 25**  
Christmas Day  
**December 31**  
New Years Eve

**COME AND SAY "THANK YOU"  
TO OUR STATE'S MILITARY VETERANS  
AND ACTIVE PERSONNEL**

*Honoring those who serve*

**CT VETERANS**  
PARADE

**SUNDAY, NOVEMBER 6, 2016  
Downtown Hartford**

**12:30 p.m.  
Steps off at Buckingham & Washington Streets  
Near the State Capitol Building**

**1:30 p.m.  
Parade Stops for "Moment of Silence"**

**2016 Parade Marshals**



Former DK3  
John G. Casey Jr.  
Navy

CW5  
Mark S. Marini Sr.  
CTNG

Former CPT  
Walter J. Hushak  
Army, Air Force Reserve

**For PARADE ROUTE and MORE INFORMATION:**

[www.CTVeteransParade.org](http://www.CTVeteransParade.org) or 860-986-7254  

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# Connecticut Family Guardian



VOL. 17 NO. 10

HARTFORD, CONNECTICUT

OCTOBER 2016

## CTNG Youth Take the "Road to Resilience" at Summer Camp

MICHELLE McCARTY  
LEAD CHILD & YOUTH COORDINATOR  
CTNG SERVICE MEMBER AND FAMILY SUPPORT CENTER

The Child and Youth Program hosted its fourth annual teen training at Camp Niantic in August. The four-day, overnight training is geared toward military dependents ages 11 to 19.

The overall theme of this year's camp was, "Road to Resilience," with a curriculum geared towards learning the six core competencies and 14 skills that go along with becoming a more resilient person. This training is so important because it mirrors the resiliency training Connecticut Guardsmen receive, putting teens and their service member parents on the same page when making plans to become a resilient family.

Teens also took part in the Leadership Reaction Course, using teamwork and creativity to solve obstacles at Stones Ranch Military Reservation. They played Capture the Flag, worked on other team-building exercises and discussed disaster preparedness.

Not all of the training took place in southeastern Connecticut. An educational trip to New York City



Left and Above: CTNG kids participated in the Leadership Reaction Course at Stones Ranch Military Reservation as part of a four-day CT Child and Youth Program Summer Camp in August. (Photo courtesy of Michelle McCarty, Lead Child & Youth Coordinator, CTNG)

saw attendees visit the 9/11 Memorial Museum, paying tribute at the memorial and providing an opportunity to see how resilient our country was during this tragic time. As a nation, we came together, supported one another and rebuilt.

After seeing the sights of the city and dinner at the famous Bubba Gump Shrimp Co., the group returned to Connecticut. At the training's conclusion, new skills had been taught, new friendships had been made, and all attendees received a certificate of completion.

Much of the credit belongs to the Connecticut Youth Council, who worked very hard to help plan for this year's symposium.

For more information about how you or your child (ages 11 to 18) can be a part of the Connecticut Youth Council (CYC) please contact Michelle McCarty at [michelle.mccarty4.ctr@mail.mil](mailto:michelle.mccarty4.ctr@mail.mil).

Photo Right: CTNG kids traveled to New York City to visit the 9/11 Memorial as part of a four-day CT Child and Youth Program Summer Camp in August. (Photo courtesy of Michelle McCarty, Lead Child & Youth Coordinator, CTNG)





CATHERINE GALASSO-VIGORITO

# Live the Joyful, Peaceful Life Planned For You

I was walking along the beach, and the early morning view of the shoreline brought with it the memory of a story that a reader had sent to me from an unknown author. I glanced out at the ocean's blue waters. Quietly, I listened to the cry of the seagulls greeting the new day. As I did so, I recalled

that in the story, it was purported that a farmer, whose property was situated along the Atlantic Coast, needed help to work the land.

Continuously, the farmer advertised for farm workers. Far and wide, he searched. But the people who saw the 'help wanted' ad were reluctant to take employment in that area. Fear gripped the perspective employees for dangerous storms often raged across the Atlantic. The unpredictable weather patterns and conditions of those storms would frequently cause devastation on the crops and buildings in that area.

Although the farmer interviewed countless applicants, the farmer just couldn't find anyone who would work in that unstable ground. Thoroughly discouraged, the farmer was almost ready to give up his search.

Then, the following day, a humble, middle-aged man approached the farmer. With good-natured laughter, the man asked the farmer, "Are you still looking for help?" Raising his eyes in disbelief, the farmer turned to the humble man and questioned, "Do you want to work night and day along the Atlantic Coast?"

The man's eyes glowed, as he commented, "I can sleep when the wind blows." Impressed with the idea that the humble man wanted the position, yet a bit baffled by his answer, the farmer hired him.

Working from morning to evening, the humble man was happy in his job. Methodical in his work, the farmer was extremely satisfied with his new hire.

Suddenly, one night massive storm clouds began to unleash torrents of rain. The wind howled. And the farmer rushed down the rain-swept walkway to the humble man's sleeping quarters. The farmer scurried in; and curled up on a sofa, the humble man was resting comfortably.

Panicking, the farmer cried aloud, "The storm! Let's tie things down before it's too late, and they blow away!" But, calmly, the humble man whispered, "Sir, remember I told you that I can sleep when the wind blows."

Enraged, the farmer hurried back outside to prepare for the rest of the massive storm to hit. However, the farmer found that the farm animals were safe in the barn. The chickens were protected in the coop. And everything was out of harm's way. Tightly secured and already tied down, nothing could blow away in the severe storm.

Finally, it occurred to the farmer what the humble man meant, when he said 'he can sleep when the wind blows.' So, the farmer went back to his home. He returned to bed to sleep comfortably while the wind blew.

If the storms of life come against you and when the unexpected wind blows, you, too, can sleep. With God as your shield, you have nothing to fear.

- Is something robbing you of your peace of mind? With God as your shield, you have nothing to fear. God is not limited by your situation. He's all-powerful and greater than anything that comes against you. So, "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He will make your paths straight" (Proverbs 3:5,6).

- Have you experienced an unfair circumstance through no fault of your own? With God as your shield, you have nothing to fear. God will not only make it up to you, He will cause all things to work to your benefit and give you double in return. "Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours." (Isaiah 61:7).

- Do you have a dream in your heart that has not yet happened? With God as your shield, you have nothing to fear. God is guiding you and repositioning you as you enter into a new place of blessings. Hence, "Commit your way to the Lord, Trust also in Him, and He shall bring it to pass." (Psalm 37:5).

God has so many ways to bless you, to help you and to heal you. Thus, don't allow your mind to become weighed down with anxiety. You could be a few days away from your breakthroughs.

When you awaken, remind yourself that God is with you. He is in your midst, and He won't forsake you. If you are tempted to worry about a situation, pray as if

every one of your prayers has been answered, recalling the Scripture, "Ask and ye shall receive." (John 16:24) For the instant you pray, the good for which you yearn, like a river's current, will start flowing on its way toward you. Later and all through the day, say with confidence, "God is by my side," "It's not too late for me to fulfill my dreams," "With God, I have the strength for any task," and "Thank you, God, for the many opportunities you have for me." Then, move forward, helping others and giving your best effort in all that you do. For in God's time, in His mighty way, He will work out good in your life, and "will perfect what concerns you," bringing you the desired results. (Psalm 138:8).

A few months ago, I was in another city for a trade show. I walked over to the reception desk in the large building, and the security guard politely asked for my name. I told him and handed the guard my business card. Next, he looked down at his guest list and saw my name. Only then, was I allowed to go onto the elevator up to the show, because my name was written down on the list.

In the same way, your name is "engraved on the palm of God's Hand," (Isaiah 49:16) and that image cannot be wiped off or removed. It stands written there forever. So you can sleep when the wind blows through your life, because God knows your name and He looks on you with love.

With Him, you have a solid foundation behind you and an incredible future before you.

Today, allow serenity to rule in your heart. Be settled and stay in a place of peace. Leave the future in God's capable Hands. And you'll live the purposeful, joyful, peaceful life that God has planned for you.

*Catherine Galasso-Vigorito is a nationally-syndicated columnist and author from Connecticut who donates a monthly inspirational column to demonstrate her appreciation of U.S. service members and their families. The content is her own and does not express the official views of the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her at [cgv@anewyouworldwide.com](mailto:cgv@anewyouworldwide.com). Visit her website at [www.anewyouworldwide.com](http://www.anewyouworldwide.com). © Catherine Galasso, 2016*

# Department of Defense Efforts to Combat Childhood Obesity

SUBMITTED BY CHRISTOPHER ROULEAU  
MILITARY ONE SOURCE



Eradicating childhood obesity must be a community effort. That's why the Department of Defense is asking military leaders and service providers to make healthier choices for children while teaching them to make healthier choices for

themselves.

Join the campaign to prevent and treat childhood obesity within the military community. The following resources will help you spread the message and make a difference.

### 5210 Healthy Military Children

The 5210 strategy is a community-wide plan to improve children's health by promoting these daily goals:

- Five or more servings of fruits and vegetables
- Two years and older, closely monitor and limit screen time

- More than one hour of moderate to vigorous physical activity
- Zero sugar-sweetened drinks each day

Civilian communities nationwide that put the 5210 strategy into practice report that children have adopted healthier lifestyle habits.

### 5210 Healthy Military Children tip sheets

These tip sheets, developed in collaboration with the Pennsylvania State University, provide concrete suggestions on how to embed healthy habits into kids' lives. The information is grounded in work supported by the National Institute of Food and Agriculture, the U.S. Department of Agriculture, and the Office of Family Readiness Policy, Children and Youth.

Use these tip sheets, targeted to the following audiences, to help spread the message in places where military families work, live and play:

- Families
- Child development centers and family child care
- Elementary schools
- Middle and high schools
- Youth centers
- After-school programs
- Military dining facilities

- On-installation eateries
- Commissaries
- Fitness centers
- Community centers
- The workplace
- Health care professionals
- Leaders

### Resource Center for the Prevention of Military Child Obesity

This interactive, searchable web-based platform is part of a strategic plan to support the Department of Defense's commitment to addressing the obesity epidemic in America. You'll find it within the Clearinghouse for Military Family Readiness, which was developed by the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy in collaboration with the Pennsylvania State University. The Resource Center for the Prevention of Military Child Obesity offers the following:

- A virtual community for professionals, military and community leaders
- Obesity prevention resources
- Information on evidence-based programs that focus on obesity

- Clearinghouse staff as a resource for those working to prevent and treat childhood obesity in military families

### Other initiatives and services

- Nutrition and fitness standards — These are woven

into Department of Defense child development program curriculum.

- Military OneSource health and wellness coaching — Coaching is available to service members, who may then teach healthier habits to their children.

- The Let's Move! campaign — This White House initiative encourages parents, schools, community leaders and others to set good examples and create healthier environments for children.

Raising healthy and fit children to become healthy and fit adults is essential to building a strong nation and a strong military. The best gift we can give children is the gift of healthy habits.

<p><b>William A. O'Neill Armory</b> 360 Broad St. RM 112 Hartford, CT 06105</p> <p><b>Service Member and Family Support Center</b> (800) 858-2677 Fax: (860) 493-2795</p> <p><b>Child and Youth Program</b> (860) 548-3254</p> <p><b>Yellow Ribbon Reintegration Program</b> (860) 493-2796</p> <p><b>Military OneSource</b> (800) 342-9647 (860) 502-5416</p> <p><b>Survivor Outreach Services</b> (860) 548-3258</p> <p>Open Mon.-Fri.</p> <p><b>Windsor Locks Readiness Center</b> 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.</p> <p><b>Veterans' Memorial Armed Forces Reserve Center</b> 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</p>	<h2>CONNECTICUT NATIONAL GUARD</h2> <p>Family Assistance Center Locations</p>	<p><b>New London Armory</b> 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p><b>103<sup>rd</sup> Airlift Wing</b> 100 Nicholson Rd. East Granby, CT 06026 (800) 858-2677 Open Tues.-Fri.</p> <p><b>103<sup>rd</sup> Air Control Squadron</b> 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p><b>Niantic Readiness Center</b> 38 Smith St. Niantic, CT 06357 (800) 858-2677 *By Appointment*</p> <p><b>Norwich Armory</b> 38 Stott Ave. Norwich, CT 06360 (800) 858-2677 *Wednesday or By Appointment*</p> <p><b>Waterbury Armory</b> 64 Field St. Waterbury, CT 06702 (800) 858-2677 *By Appointment*</p>												
<p>Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p><b>Our Programs Include:</b></p> <table border="0"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS &amp; ID Card Assistance</td> </tr> </table> <p><b>Support is available 24/7 by calling (800) 858-2677</b></p> <p>*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>			Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance
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TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

## CONNECTICUT NATIONAL GUARD HELPLINE

**If you or someone you know is struggling with the stressors of life, please contact us at 1-855-800-0120.**

**In an effort to support the needs of our service members and their families, the Connecticut National Guard now has a 24-hour HELPLINE.**

**Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.**

### HELPLINE - 1-855-800-0120

# Kid's Creative Corner

A monthly feature of fun and educational activities for the children of the Connecticut National Guard by the Members of the Connecticut Youth Council (CYC)

## Halloween Scramble

Unscramble the Letters under the blanks to find out what you can do to help stay safe while trick-or-treating.

- Walk on  
\_ \_ \_ \_ \_  
E I A S K D W S L
- Stay in  
\_ \_ \_ \_ \_  
O S G P R U
- Avoid  
\_ \_ \_ \_ \_  
T A E S N E S G R
- Carry a  
\_ \_ \_ \_ \_  
G T A H F S I L H L
- Ask your parents to check your  
\_ \_ \_ \_ \_  
S E T T A R



Answers: (1) SIDEWALKS (2) GROUPS (3) STRANGERS (4) FLASHLIGHT (5) TREATS

## Autumn Word Search

See how many words related to the Autumn season you can find in this word search from the list at the bottom. Words can be backward, forward, up, down, or diagonal. Circle each word you find.



- APPLES
- AUTUMN
- CORN
- EQUINE
- HALLOWEEN
- HWY
- LEAVES
- ORANGE
- PUMPKIN
- RAIL
- RED
- SCARECROW
- SQUIRREL
- TREES
- YELLOW



## Service Member & Family Support Center Staff Directory

William A. O'Neill Armory - 360 Broad Street, Hartford, CT 06105 - Open Mon.-Fri. Fax: (860)493-2795			
State Family Program Director	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 540-3276 (desk) (860) 803-2515 (cell)
Lead Family Assistance Center Coordinator	Anne Reed	email forthcoming	(860) 524-4938 (desk)
Family Assistance Center Specialist	Rita O'Donnell	berita.m.odonnell.ctr@mail.mil	(860) 492-2797 (desk) (860) 803-6949 (cell)
Family Assistance Center Specialist	Jessica Koehler	jessica.w.koehler.ctr@mail.mil	(860) 524-4969 (desk) (860) 803-6940 (cell)
Family Assistance Center Specialist	Jennifer Remillard	jennifer.m.remillard.ctr@mail.mil	(860) 524-4821 (desk)
Family Readiness Support Assistant	Linda Rolstone	linda.h.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2309 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk) (860) 801-4677 (cell)
ARNG Yellow Ribbon Program Coordinator	SSG Clint Shivers	clinton.r.shivers.mil@mail.mil	(860) 493-2796 (desk) (860) 538-5639 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 540-3254 (desk) (860) 803-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.macsata.ctr@mail.mil	(860) 540-3250 (desk) (860) 394-0740 (cell)
Military OneSource Consultant	Chris Roulean	christopher.roulean@militaryonesource.com	(860) 502-5416 (cell) (860) 493-2722 (desk)
State Support Chaplain	Ch. (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 540-3240 (desk) (860) 803-7740 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4608 (desk) (860) 740-0637 (cell)
Employer Support for the Guard and Reserve	Sean Brittell	sean.r.brittell.ctr@mail.mil	(860) 540-3295 (desk)
Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Windsor Locks Readiness Center - 85-300 Light Lane, Windsor Locks, CT 06096 - By Appointment - (800) 858-2677			
Family Assistance Center Specialist	Joshua Hamre	email forthcoming	
Veterans' Memorial Armed Forces Reserve Center - 90 Wooster Heights Road, Danbury, CT 06810 - Open Mon.-Fri.			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 803-2746 (cell)
New London Armory - 249 Bayonet Street, New London, CT 06320 - Open Mon.-Fri.			
Family Assistance Center Specialist	Van Nessa Foster	vannessa.n.foster.ctr@mail.mil	(860) 772-1422 (desk) (860) 803-2720 (cell)
103rd Air Ref Wing - 100 Nicholson Road, East Granby, CT 06026 - Open Mon.-Fri.			
Airman and Family Readiness Program Manager			(860) 292-2730 (desk)
Air Wing Integrator	Jessica Rawlinitis	jessica.l.rawlinitis.ctr@mail.mil	(860) 292-2730 (desk)
Niantic Readiness Center - 38 Smith Street, Niantic, CT 06357 - By Appointment - (800) 858-2677			
Family Assistance Center Specialist	Timothy Hesney	email forthcoming	
103rd Air Control Squadron - 206 Boston Post Road, Orange, CT 06477 - By Appointment - (800) 858-2677			
Waterbury Armory - 64 Field Street, Waterbury, CT 06702 - By Appointment - (800) 858-2677			
Norwich Armory - 30 Stott Avenue, Norwich, CT 06360 - By Appointment - (800) 858-2677			